

**Instructions for
WSU-Vancouver, WA Walk
5/10 Km, rated 2B**

Walk Start Location: Legacy Salmon Creek Hospital, 2211 NE 139th Street, Vancouver, WA. GPS Coords: 45.7205, -122.6477.

Driving Directions: NORTHBOUND: From I-5, take NE 134th Street, Exit 7. Turn right (east) on NE 134th St. LEFT on NE 23rd Avenue (traffic light). LEFT at hospital and park in parking structure. From I-205 southbound, take NE 134th Street, Exit 36. SOUTHBOUND: From I-5, take I-205 (Exit 7). Stay in right-hand lane and very shortly take NE 134th Street, Exit 36. Turn left (east) onto NE 134th St. LEFT on NE 23rd Avenue (traffic light). Left into hospital complex and park in parking structure on right. The physical start box (PSB) is located on the ground floor of the main hospital at the information desk under the counter on the left side while facing the counter.

Park in the hospital parking structure.

Restrooms available in the hospital and several buildings on the WSU campus.

Walk Completion and Credit: Be sure to log back into the OSB system to finish/complete your online registration after doing the event. The OSB system does not deduct any event fee from a participant's Event Bank until they have submitted event completion info including the event was walked, the distance walked, and the selection of applicable special programs that person is participating in. (Nevertheless, a fee of \$2 for a downloaded PDF is deducted from the user's Event Bank when the PDF is downloaded. Later, any PDF fees are credited back to a user's Event Bank when he/she submits the event completion info as a paying for credit participant. Note, however, the \$2 coupon for the downloaded PDF will expire in 60 days.)

"Please use either the Online Start Box (OSB) or Physical Start Box (PSB) to register and complete the event. Do NOT mix and match, for example, by registering using the OSB then completing your event using the PSB nor signing the PSB log sheet. The sponsoring club only receives credit for an OSB participation when an OSB registration has been completed online by entering your participation date, distances, and any special programs using the OSB."

Washington State University Walk – YRE 1905

10 km - Rated 2A

Challenges – AVA – City Park, Walk like an Olympian

Oregon (WOC) 2020 (Parks, Playgrounds, Palms, Pedestrian Bridge)

1. **EXIT** Medical Center and **LEFT** to start of passenger drop area.
2. **RIGHT** on sidewalk in front of Medical Office Building B to 139th St (not marked)
3. **RIGHT** on 139th St. to 29th Ave. (0.8 km)
4. **LEFT** on 29th Ave. to 141st St.
5. **CROSS** 29th and continue on 141st St. to 143rd St.
6. **LEFT** on 143rd St. to 144th St.
7. **LEFT** on 144th St to 29th Av.
8. **CROSS & RIGHT** on 29th Ave. to entrance of Vista Meadows Park. (2km) **ENTER** Vista Meadows Park and walk to far side of park to exit on path onto 26th Ave. (Not marked)
9. **LEFT** on 26th Av. to 144th St.
10. **RIGHT** on 144th St. to 24th Av.
11. **RIGHT** on 24th Av. to enter nature trail and continue to first street (148th St.).
12. **RIGHT** at 148th St crossing 29th Ave. and continue on asphalt path entering WSU campus. **CROSS** entrance road and continue on path as it bears left then straight into the main campus to Firstenburg Fountain with basalt pillars. (3 km)
13. **RIGHT** at the fountain walking down steps. (Library with Restrooms on left) to end of Library building.
14. **LEFT** on sidewalk and continue on main trail to road
15. **RIGHT** at path next to roadway at bottom of slope that is headed into a wooded area. Campus main buildings will be on your right. Continue into the wooded area past a large gong “The Wailing Bell” on the right to center of the pedestrian footbridge. (4.5km)
16. **TURN AROUND** at the bridge and return to the sidewalk along the roadway. Continue on the sidewalk passing over a pedestrian/vehicle bridge to next sidewalk on left.
17. **LEFT** on the sidewalk going uphill to “Y”.
18. **LEFT** at the “Y” going up several steps to the main campus walkway.
19. **LEFT** on the main walkway to first sidewalk on the right.
20. **RIGHT** on the sidewalk and continue relatively straight until reaching nine steps going up to the entrance road. **GO** up the steps, **CROSS** the entrance road and continue up 8 more steps to sidewalk headed toward the amphitheater.
21. **LEFT** on the sidewalk headed towards the amphitheater and continue as it climbs up the slope to a overlook of the campus (6km) and surrounding area. Continue on the sidewalk until reaching a 4 way intersection.
22. **RIGHT** at the intersection & head back toward the campus entrance road and main parking lots.
23. **LEFT** at the entrance road and walk downhill on the left side of the road to the next road intersection. There will be two one way roads on the left and a pedestrian trail on the right
24. **CROSS** both one way roads then **RIGHT** on the trail going back uphill to the main campus. Stay on the trail as it turns into the main campus walkway, past the Firstenburg Fountain and all buildings on the right. The trail will then bear right crossing the main entrance road and continue until reaching 29th Ave. (8 km)
25. **LEFT** on 29th Av to 141st St.
26. **CROSS** 29th Av and **LEFT** to 139th St
27. **RIGHT** on 139th St. to 23rd Av.
28. **CROSS** and **LEFT** on 23rd Av. to parking garage entrance or main hospital entrance
29. **RIGHT** to Main Hospital or parking garage and finish.

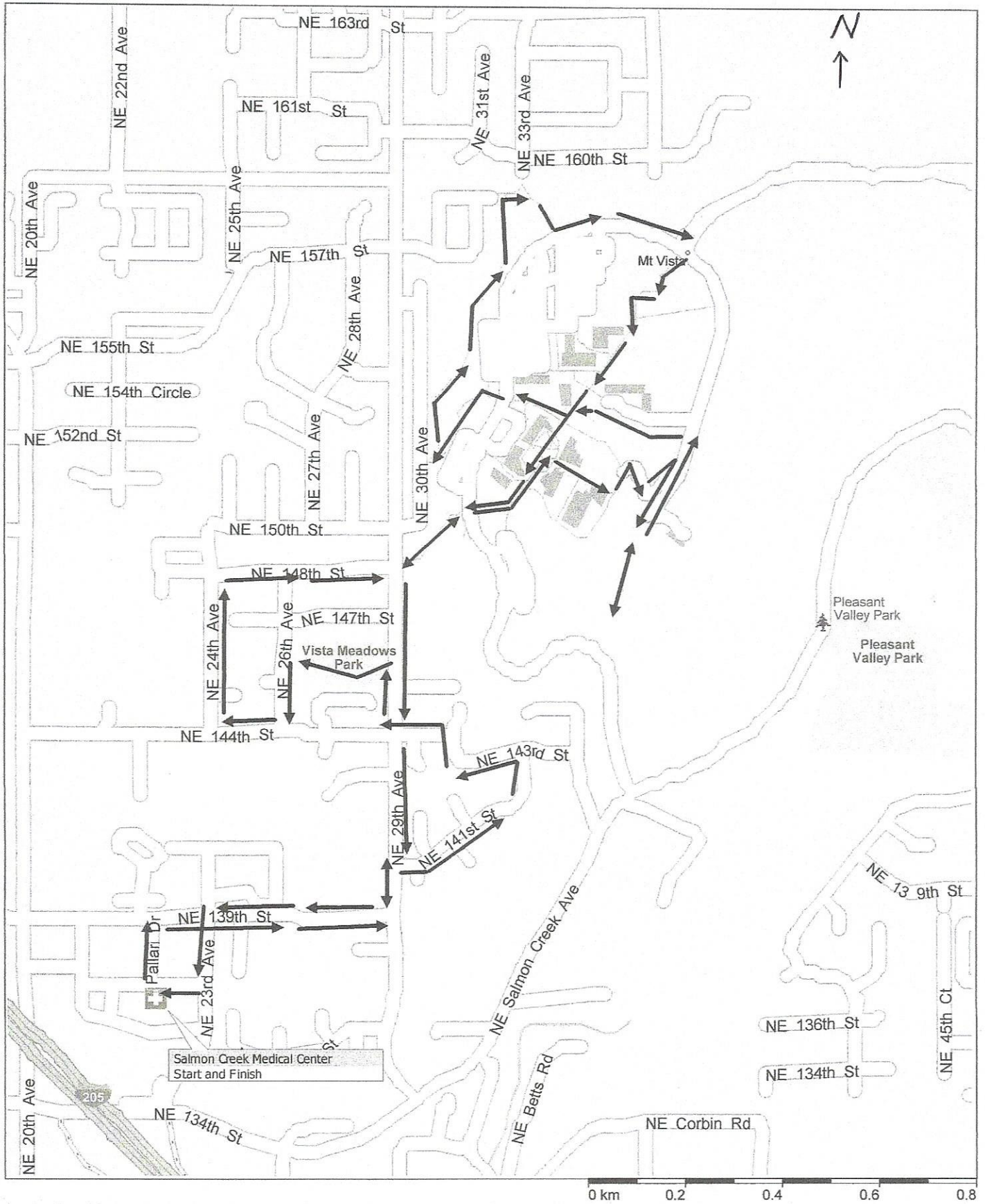
**All Weather Walkers
Thanks You
For walking with us**

These Walk directions and map may only be used in conjunction with a signed America Volkssport Association Waiver. All other uses are prohibited.

POC: Barbara 360-573-6048
Emergency: call 911

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Washington State University Walk – YRE 1905

5 km - Rated 2A

Challenges – AVA – City Park, Walk like an Olympian

Oregon (WOC) 2020 (Parks, Playgrounds & Palms2019 (Nature, Overlooks) 2018 (Images, Java)

1. **EXIT** Medical Center and **LEFT** to start of passenger drop area.
2. **RIGHT** on sidewalk in front of Medical Office Building B to 139th St (not marked)
3. **RIGHT** on 139th St. to 29th Ave. (0.8 km)
4. **LEFT** on 29th Ave. to 141st St.
5. **CROSS** 29th at 141st St. then **LEFT** on 29th Av going up steep hill to 144th St.
6. **LEFT** crossing 29th Av. then **RIGHT** on 29th Av. short distance to entrance of Vista Meadows Park. **ENTER** Vista Meadows Park and walk to far side of park to exit on path onto 26th Ave.
7. **LEFT** on 26th Av. to 144th St.
8. **RIGHT** on 144th to 24th Av.
9. **RIGHT** on 24th Av. to enter nature trail and continue to first street (148th St.). (2.1 km)
10. **RIGHT** at 148th St crossing 29th Ave. and continue on asphalt path entering WSU campus. **CROSS** entrance road and continue on path as it bears left then straight into the main campus to Firstenburg Fountain with stone pillars. (3 km)
11. **RIGHT** at the fountain walking down steps. (Library with Restrooms on left) to end of Library building.
12. **LEFT** on sidewalk to “T”.
13. **LEFT** at “T” going uphill to the end of the Library building.
14. **LEFT** on the main sidewalk past the Firstenburg Fountain. Continue bearing right, at the end of all buildings take sidewalk you entered on to 29th Av.
15. **LEFT** on 29th Av. to 141st St. (4.1km @144th)
16. **CROSS** 29th Av and **LEFT** to 139th St
17. **RIGHT** on 139th St. to 23rd Av.
18. **CROSS** and **LEFT** on 23rd Av. to main hospital entrance and finish.

**All Weather Walkers
Thank You
For walking with us**

POC: Barbara 360-573-6048

Emergency: call 911

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