



“Lake Union Loop” 10K / Half Marathon Walk!



**Saturday
July 9**

**7:00 a.m. Registration
7:30 a.m. Walk**

**Gasworks Park
Seattle, WA**



Walk with Sound Steps!

Sound Steps is a program of Seattle Parks and Recreation, and offers walking groups and events especially for adults age 50 +. The Lake Union Loop is part of the Northwest Senior Games.

\$25 suggested entrance fee covers live music, snacks, and event T-shirt (while supplies last).

To sign up, Contact Mari Becker at (206)684-4664 or sound.steps@seattle.gov.

Limited day of event registration.



Sound Steps 2011 'Lake Union Loop' Walk

Date: Saturday, July 9 **Time:** 7 a.m. Check In, 7:30 a.m. Walk

Location: Gasworks Park, Seattle **Distance:** 6.2 miles (10K) or 13.1 miles
2101 N. Northlake Way (half marathon). Shorter options available.

Registration Fee: \$25 suggested donation (only \$15 if already have Sound Steps shirt)

Description: Join other active adults for our 3rd Annual "Lake Union Loop" 10K or Half Marathon walk! This family friendly, untimed event features light refreshments, live music, raffle prizes, and awards for 1st, 2nd and 3rd place finishers age 50+. \$25 suggested Registration Fee, or only \$15 if you already have the Sound Steps T-Shirt. Bring your friends and family to cheer you on. The Sound Steps Lake Union Loop is hosted by Seattle Parks and Recreation and is a Northwest Senior Games event.



Directions: From I-5, take 45th St. Exit. Go West on NE 45th St. Turn LEFT on Meridian Ave N, which ends at Gasworks Park. Turn RIGHT on N Northlake Way to turn into parking lot (on LEFT). Parking is free. Note: Bus #26 will not be running early enough to use it to reach the starting line.

Registration Form - Lake Union Loop

*** Due by Wednesday, June 29. T-shirts available while supplies last ***
(Limited day of event registration)



Name: _____ Address: _____

City: _____ Zip: _____ Email: _____

Phone: () _____ Age: _____ T-shirt: Yes/No, S M L XL XXL

Transportation requested from the following location (limited seats):

- Jefferson Community Center, 3801 Beacon Ave S, **6:30 a.m.**
- West Seattle Senior Center, 4217 SW Oregon St, **6:30 a.m.**

Enclosed is \$_____ entrance fee (\$25 OR \$15 suggested, pay more or less as desired)
>> Please make checks payable to: Northwest Senior Games <<

I am voluntarily participating in the Sound Steps Lake Union Loop Walk. I release Sound Steps, its agents, all sponsoring and associated organizations and persons, and the City of Seattle Parks and Recreation from any and all injuries that I might incur as a result of my participation in this event. I authorize photos from this event to be used in publications.

Signature: x _____

*Return by Wednesday, June 29 with entrance fee to Mari Becker:
8061 Densmore Ave N. Seattle, WA 98103. (206) 684-4664.*