

Summer 2016



Jill Ellison
Sound Steps Program Coordinator
 206-684-4664



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- Visit the Sound Steps blog at seattlesoundsteps.wordpress.com.
- Email sound.steps@seattle.gov to receive the E-newsletter.

Want to explore Seattle on foot, meet new friends, and stay in shape? Join a Sound Steps weekly walking group, monthly hike, or special event! Try out a walking group any time, or find out how you can start a walk in your neighborhood.

Fall Walk Training

Are you ready to take your walking to the next level? Ongoing training walks are happening through November in preparation for the Seattle Half Marathon on Sunday, 11/27. Please visit the Sound Steps blog or call for more information. Let's get a team together to represent Sound Steps!

begins 8/20 Sat	8 a.m.	SOUTH: Rainier CC
8/20-9/10 Sat	9 a.m.	NORTH: Bitter Lake CC
9/17-10/29 Sat	9 a.m.	NORTH: Rav-Eck CC
11/5-11/19 Sat	9 a.m.	NORTH: Varies

VOLUNTEERS NEEDED!

The Amica Insurance Seattle Half Marathon takes place Sunday 11/27.

Volunteers are needed. Contact Jill if interested!

Hikes - Levels of Difficulty

-  **Easy** - paved, smooth and fairly level trail surface; recommended for beginners
-  **Moderate** - some hills; exposed roots and rocks possible
-  **Harder** - some difficult terrain; hills or stairs
-  **Difficult** - steep hills, significant elevation gain; for advanced hikers

Sound Steps Hikes

Enjoy the great outdoors! Two regular pick-up locations: SOUTHEND: Jefferson Community Center, and NORTHEND: 8061 Densmore Ave N. Pickup times are listed and vary based on destination. Return times are approximate. Please bring a lunch and plenty of water. Register online or at your local community center. **Registration deadlines are one week prior to day of trip.**

Duwamish River Trail  **\$8**
 3 flat and paved miles along the Duwamish River in Tukwila, beginning and ending at the Tukwila Community Center. Great for beginners! Return at 1:30 p.m..

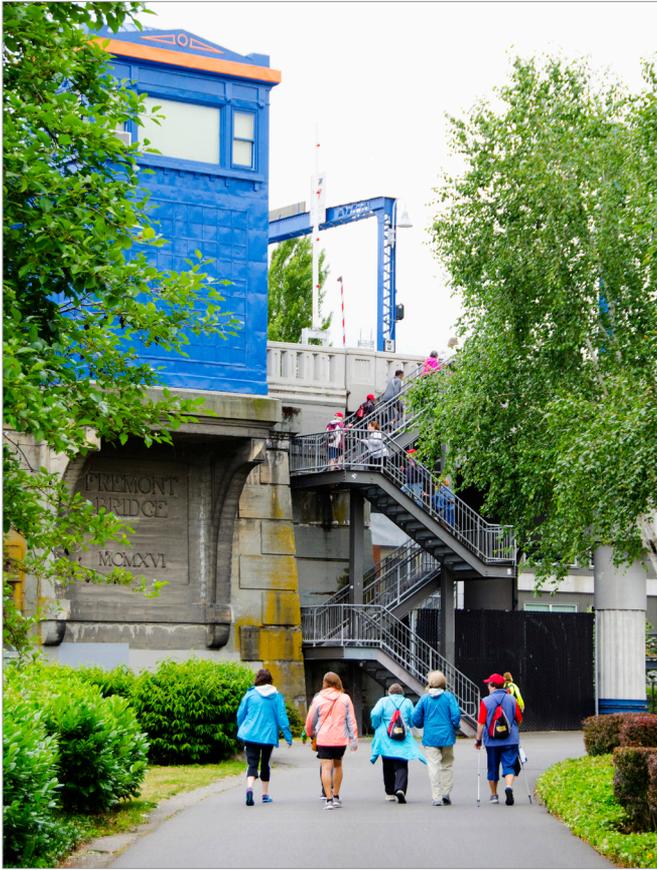
151307	10/3	Mon	Densmore pickup:	9:30 a.m.
			Jefferson CC pickup:	10 a.m.

Mercer Slough Nature Park  **\$8**
 Hike the 4-mile loop trail around Lake Washington's largest remaining wetland. Visit the Mercer Slough Environmental Education Center and learn about the 170 species of wildlife that call this habitat home. Return at 1:30 p.m.. **A joint Sound Steps and NE sector hike. Northgate Mall and Jefferson CC pickups only.**

151264	11/7	Mon	Northgate Mall pickup:	9:30 a.m.
			Jefferson CC pickup:	10 a.m.

Bridle Trails State Park  **\$8**
 A 3.5-mile loop hike along winding, forested trails. Shorter options are available on this multi-use trail system. Wear boots! Elevation gain 450 feet. Return at 1:30 p.m..

151306	12/5	Mon	Jefferson CC pickup:	9 a.m.
			Densmore pickup:	9:30 a.m.



Sound Steps Special Events

 **Holiday Lights Walk and Potluck** Free
 Meet at the Greenwood Senior Center at 5 p.m. and bring a dish to share. After dinner, enjoy a walk around the Olympic Manor neighborhood to see the brilliant light displays. Transportation to Olympic Manor and hot beverages provided; suggested \$2 donation.

151308 12/15 Thu 5-8 p.m. Greenwood Sr Ctr
 525 N 85th St.

 **Pike Place Market Street Scramble** \$25
 Sound Steps is teaming up with Street Scramble for this 2-hour market exploration challenge! Using just a map and our feet, we will hit as many checkpoints as we can, all while enjoying the festive holiday sights and smells at the Market! A portion of your entry fee supports The Market Foundation, which provides critical services to aging and low-income residents of downtown Seattle. In the spirit of giving, and friendly competition, scramble with us!

RSVP to be on a Sound Steps team! Teams will consist of 2-5 people. All ages welcome! **Day-of registration for Sound Steppers is \$25.** If you'd like to sign up on your own, you can do so here: <http://streetscramble.com/>.

12/10 Sat 8:30 a.m.

Sound Striders

Enjoy faster, longer walks? Free
 Join 'Sound Striders' for 5 to 6-mile fitness walks every week! Meet at 8 a.m. for coffee; walk leaves at 8:30 a.m.. Each month we explore a different Seattle neighborhood. Call for current walk locations, or view on the blog, under *Weekly Walking Groups>Sound Striders*.

SOUTH Striders Thursdays 151316
NORTH Striders Tuesdays 151312



"I originally got involved in Lifelong Recreation when my friend and I signed up for the "Woodland Park Senior Zoo Walks" in June 2005. When we first joined there were 15-20 zoo walkers. The program has expanded so much over the past 11 years that some days there are more than 80

walkers! In 2010 I signed up and began participating

in the Sound Steps Walking Program weekly group training walks each Saturday during the Spring and Summer quarters and participated in several 5k and 10k walks. I enjoyed the walking events so much and continue to participate each year and completed 2 half marathons! I am now a volunteer and assist in planning several events and new walking groups.

After becoming a zoo walker, I became interested in other LLR programs and signed up for Line Dance, Outdoor Hikes, Zumba Gold and numerous day trips around the state. Needless to say I am "hooked" on the many opportunities being offered to seniors through Lifelong Recreation!"

- Patty Young

Weekly Walks - North

Ballard Sound Steps Free

3 miles, flat, paved Burke Gilman Trail. Moderate pace.

151297 Mon 9:30-10:30 a.m. Fred Meyer
east entrance
915 NW 45th St.

Carkeek Park Hike Free

3 miles, some hills, natural surface forest trails with views of Puget Sound. Moderate pace.

151299 Wed 10-11:30 a.m. Eddie McAbee entrance
NW 100th Pl.
and 6th Ave. NW

Senior Zoo Walkers \$20/13 wks

Woodland Park Zoo, Group Health, and Seattle Parks and Recreation invite you to join Senior Zoo Walkers, promoting fitness and socializing in a beautiful setting. Fitness leader warm-up at 9:15a.m.. **Sign up online:**

<http://www.zoo.org/seniorzoowalkers>.

T/Th 9:15-11 a.m. Woodland Park Zoo
South Gate
50th and Fremont

Green Lake Loopers Free

Walk the 3-mile loop at a gentle or moderate pace. Monthly group; hosted by the Wallingford Community Senior Center. Meet in front of Green Lake Church, 6350 E Green Lake Way N, cross street is Meridian Ave. N. **RSVP to WCSC: 206-461-7825.**

151305 Fri 1:30 p.m. Green Lake

North Greenwood Sound Steps Free

3 miles, some hills, natural surface forest trails in Llandover Woods greenspace and the Greenwood neighborhood. Moderate pace. Please visit our blog for current program information: **www.seattlesoundsteps.wordpress.com/programs-and-events/**, or call coordinator.

151311 Mon 9:30-10:30 a.m.



Sound Steps Strollers Free

Start taking steps toward a healthier you! This program is designed for beginner walkers, people with mobility challenges, and those who use mobility aides. Group meets at the food court at Northgate Mall, located at the south entrance near the parking garage. Led by volunteer walk leader, Patty Young, 206-365-6691.

151315 10/8-12/17 Sat 9 a.m. Northgate Mall

Lake City Sound Steps

Wednesday is "Senior Day" at Lake City Community Center. Come for lunch at noon and stay for the group walk. Fitness warm-up followed by light group walk. Call 206-268-6738 for more information. This program is sponsored by Sound Steps and Sound Generations.

151309 Wed 1:15 p.m. Lake City CC

Weekly Walks - Central

Pike Place Market Sound Steps Free

3 miles, flat, paved with waterfront views. At your own pace. Meet at the Pike Market pig.

151313 Thu 10-11 a.m. 85 Pike St.

Discovery Park Sound Steps Free

2.8 miles, some hills, natural surface trails with Puget Sound views. Moderate pace. Meet at the visitor center.

151304 Fri 10 a.m.-Noon Discovery Park



Capitol Hill Sound Steps Free

Sponsored by Sound Steps and the Cal Anderson Park Alliance! Group meets at the Shelter House near the bathrooms on the 2nd and 4th Wednesdays. **Please call Jill to confirm start date.**

Wed 6-7 p.m. Cal Anderson Park

Yesler Terrace Sound Steps Free

Join Yesler Terrace residents on Mondays and Thursdays for a walk around the neighborhood. Group meets at Yesler Community Center.

151317 M/Th 2-3 p.m. Yesler CC

Yesler Walk 'n Talkers Free

Walk from Yesler CC to nearby coffee shops for a cup and conversation! Enjoy the Yesler, Capitol Hill, Pioneer Square, and ID neighborhoods. Leisure pace, paved surfaces with some hills that will gradually progress in distance. Contact **yeslerwalkntalkers@gmail.com** for info. Runs through 10/31.

Mon Noon-1:30 p.m. Yesler CC

High Point Sound Steps Free

Join Neighborcare community health workers and neighbors on weekly walks around the beautiful High Point neighborhood. All ages and abilities welcome!

Fri 2-3 p.m. High Point Center
6400 Sylvan Way SW

Central District Walk and Rollers Free

Join Sound Steps and Iora Primary Care and walk or roll on paved sidewalks and the flat, soft track outside Garfield High School. Whether you are a stroller or moderate walker, all are welcome! Meet at Iora Primary Care (entrance access is at 24th and S. Main St.)

151303 Fri 11 a.m.-Noon 306 23rd Ave. S,
Suite 200

Weekly Walks - South/West

Lincoln Park Sound Steps

Free
3 miles, some hills, natural and paved surface trails along Puget Sound. Moderate pace. Meet at the south end of the north parking lot.

149758 Mon 10-11:15 a.m. Lincoln Park

Rainier Beach Indoor Walk

Free
Walk laps to music inside the gym at your own pace.

151314 T/W 10-11 a.m. Rainier Beach



NEW!

Green Lake Walkers-Community Center Walks

Free
Gather your friends or meet new friends on Wednesday mornings as we walk outside around the lake or do laps around the gym on unfavorable weather days. Bring good walking shoes, water bottle, and dress for the weather. Walk at your own pace. Meet inside the community center gym to do some stretching before you start your walk. **Please register at Green Lake by calling 206-684-0780.**

9/14-12/28 Wed 10-11 a.m. Green Lake CC

Walks with Dogs

Bring a dog, or come without one if you love dogs. Prepare to walk 2-3 miles, rain or shine. Meet at designated site at 11 a.m., leash your dog and bring poop bags. Walks are free, but please register at 206-386-9106, so volunteer leader Sharon LeVine may contact you if there is a change.

Note: bus riders are allowed to bring their dogs on Metro buses.



Alki Waterfront

Meet in the "Gravel Parking Lot" Park on the south side of Salty's Restaurant, 1936 Harbor Ave. S.W.

10/11 Tue 11 a.m.

Lake Washington Waterfront

Meet at the Mt. Baker Rowing and Sailing Center, 3800 Lake Washington Blvd. S.

10/25 Tue 11 a.m.

Best Seattle Views Walk atop Queen Anne Hill

Meet at Macrina Bakery Café, 615 West McGraw St.

11/8 Tue 11 a.m.

Wallingford Neighborhood to Gasworks Park

Meet at Irwin's Bakery and Café, 2123 N. 40th St.

11/22 Tue 11 a.m.

Interurban Trail

Meet at Diva Espresso Bar, 14419 Greenwood Ave. N.

12/6 Tue 11 a.m.