Sound Steps Half Marathon Walk Information

Date: Sunday, June 28

Time: 7 a.m. Check In, 7:30 a.m. Walk

Location: Gasworks Park, Seattle
2101 N. Northlake Way

Distance: 13.1 mile goal; 6.2 mile option

Registration Fee: $25 suggested donation (only $15 if you already have event T-shirt)

Description: Join other active adults age 50+ for a double loop 'Half Marathon' walk around Lake Union! This family friendly, untimed event features light refreshments, live music, raffle prizes and awards for 1st, 2nd and 3rd place finishers. We've set a 13.1 mile goal (just over two laps) but you can do one lap for a 6.2 mile walk. $25 suggested Registration Fee, or only $15 if you already have the Spring Training T-Shirt. Bring your friends and family to cheer you on (no additional cost). Extra T-shirts will be available to them for purchase. The Sound Steps Half Marathon 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). Note: Bus #26 will not be running early enough to use it to reach the starting line.

Half Marathon Walk Registration Form

*** Form due by Monday, June 15. T-shirts available while supplies last ***
(Limited day of event registration)

Name: _____ Address: _____

City: _____ Zip: _____ Email: _____

Phone: ( ) _____ Age: _____ T-shirt size: S M L XL XXL

Transportation requested from the following location (limited seats):

- ☐ Jefferson Community Center, 3801 Beacon Ave S, **6:30 a.m.**
- ☐ Southeast Seattle Senior Center, Rainier Ave S. & S. Holly St, **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 Half Marathon 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 Monday, June 15 with entrance fee to Mari Becker:
8061 Densmore Ave N. Seattle, WA 98103. (206) 684-4664.