



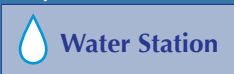
**VMAC**  
VIRGINIA MASON  
ATHLETIC CENTER



## 12K Run Route Description

- Start in parking lot in front of LA Fitness and head west
- Turn right (North) onto Logan Avenue N.
- Turn right (South) onto Park Avenue N.
- Turn left (East) onto N. 8th Street
- Turn left (North) onto Houser Way N. and continue north
- Go under Park Avenue N. overpass
- Turn right (North) onto Lake Washington Blvd. N. and continue north in the Northbound Lane
- Turn left off of Lake Washington Blvd. N. onto Seahawks Way
- Continue north on Seahawks Way to north driveway entrance of VMAC
- Turn left (West) into north driveway entrance of VMAC and continue west through parking lot to "Authorized Access Only" gate at northwest corner of parking lot
- Continue west through the gate and turn left, continuing south along the west side of the VMAC building
- Turn left (East) along the south end of the VMAC building (just north of the outdoor practice fields)
- Turn left (North) through gate and head north across VMAC entrance plaza
- Turn right (East) out of the VMAC parking lot and out the south driveway entrance to Seahawks Way
- Turn right (South) onto Seahawks Way in southbound lane
- Turn right (South) onto Lake Washington Blvd. N. in southbound lane
- Continue south on Lake Washington Blvd.
- Turn right (West) onto Park Avenue N.
- Continue west - Park Avenue N. becomes Logan Avenue N.
- Continue south on Logan Avenue N.
- Turn left into The Landing driveway in front of LA Fitness
- Continue east to finish line in parking lot in front of LA Fitness

### Key



## 5K Run Route Description

- Start in parking lot in front of LA Fitness and head west
- Turn right (North) onto Logan Avenue N.
- Turn right (South) onto Park Avenue N.
- Turn right (West) onto N. Fourth Street
- Turn right (North) onto Logan Avenue N.
- Turn left (West) onto N. Sixth St.
- Turn right (North) onto Nishiwaki Lane and continue north in the southbound lanes to turnaround point
- Turn around cone in center of Nishiwaki Lane heading southbound in northbound lane.
- Turn left (East) onto N. Sixth St
- Turn left (North) onto Logan Avenue N.
- Turn right (East) in to driveway in front of LA Fitness
- Continue east to finish line in parking lot in front of LA Fitness

