

# Striders 3-Day Walk

May 22, 23, & 24, 2018

## Edmonds to Redmond

### Join us for our 2018 3-day walk!

This year our walk carves a broad arc from the city of Edmonds across the top of Lake Washington to East Side equestrian estates, bridle trails, and Microsoft's corporate campus. Wave as we walk by Woodinville Wineries (No Stopping!). And take a look at Microsoft's Visitors Center if you wish.

None of this is Seattle. On your walking bucket list, you can check off the towns of Edmonds, Woodway, Mountlake Terrace, Shoreline, Lake Forest Park, Kenmore, Bothell, Woodinville, Redmond, Kirkland, and Bellevue. Plus brief stretches in unincorporated King County and Snohomish County (Esperance).

Each day will cover about 11 miles, with our traditional Happy Hour celebration at the endpoint.

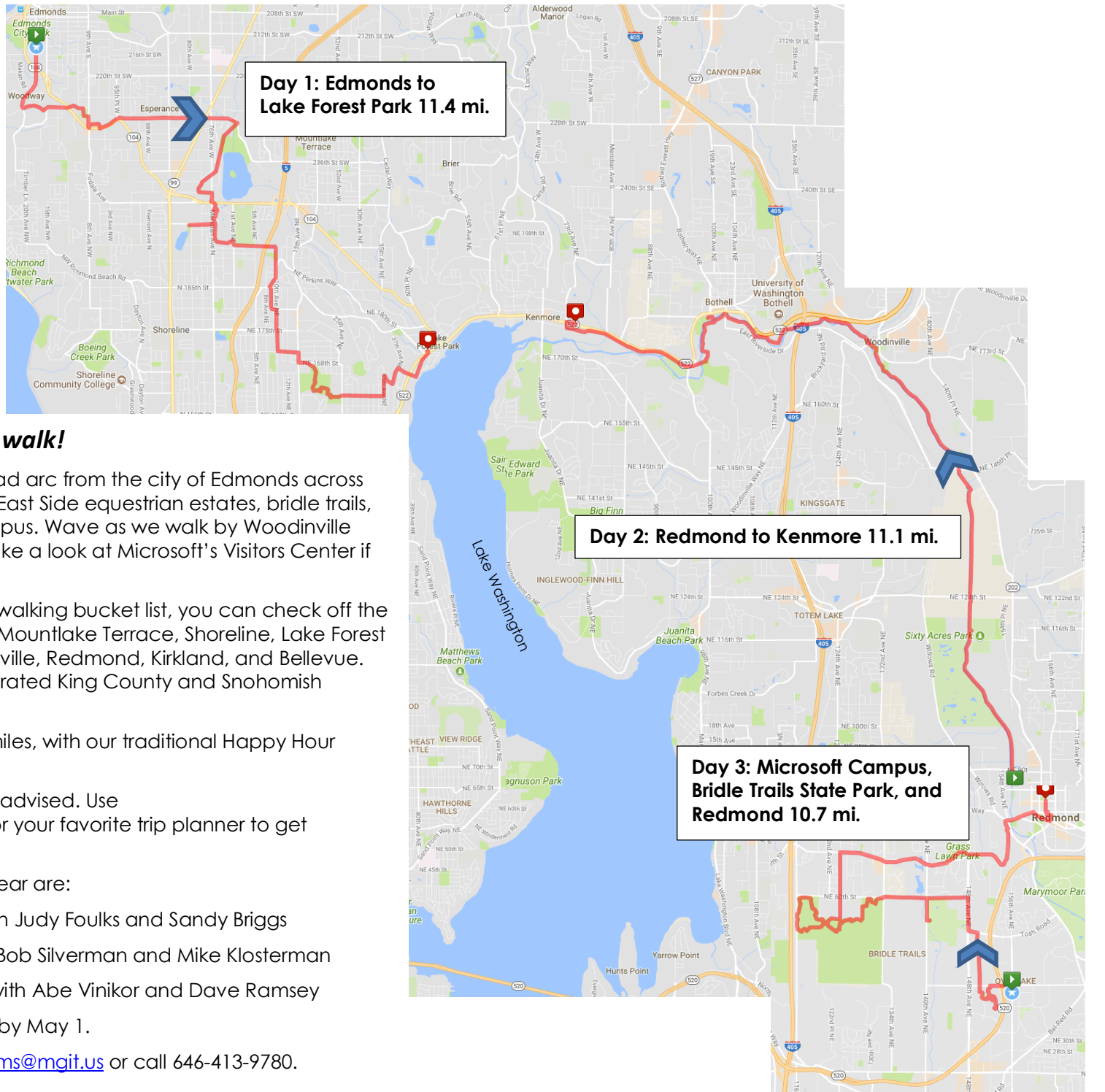
Public transportation is strongly advised. Use [m.tripplanner.kingcounty.gov](http://m.tripplanner.kingcounty.gov) or your favorite trip planner to get transportation alternatives.

Walk planners/leaders for this year are:

- Day 1: Renee Aimes with Judy Foulks and Sandy Briggs
- Day 2: Mark Blitzer with Bob Silverman and Mike Klosterman
- Day 3: Craig Shumate with Abe Vinikor and Dave Ramsey

Detailed maps will be emailed by May 1.

Questions? Contact Craig at [cms@mgit.us](mailto:cms@mgit.us) or call 646-413-9780.



# 3-Day Walk Logistics 2018

## DAY 1, Tuesday May 22      Edmonds to Lake Forest Park

- Gathering Point: 9:30 a.m. Edmonds City Park, 600 3<sup>rd</sup> Ave. S, Edmonds.
- Arrival: By Amtrak Cascades train leaving Seattle at 7:45, arriving Edmonds 8:09 Cost \$7.50.  
By bus #130 from Aurora Village TC at 9:01 to Edmonds (5th Ave S and Pine St. stop).
- End Point: Happy Hour at Lake Forest Bar & Grill, 17535 Ballinger Way NE, Lake Forest Park.
- Return: By bus #331 or #342 (~30 minute intervals) to Aurora Village TC, with transfer back to Edmonds or elsewhere.  
By bus #522 (~30 minute intervals) to downtown or #372 to UW/LINK light rail.
- Cars: All day free parking available at Edmonds City Park and Lake Forest Park Towne Center. At end of day, return to Edmonds via Aurora Village TC (#342 and #130, departing ~1/2 hour intervals), about 50 minute ride.
- Morning Coffee/RR: A map will be provided of various coffee shops in Edmonds. Don't all gang up on Walnut St. Coffee! Rest rooms available at Edmonds City Park.
- Lunch: Pack your lunch or purchase sandwich at PCC, first stop on walk.
- Terrain: Gradual down-hill to the end-of-walk sometimes steepens. Bring walking sticks if you wish.

## DAY 2, Wednesday May 23      Redmond to Kenmore

- Gathering Point: 9:30 a.m. Redmond City Hall lobby, 15670 NE 85<sup>th</sup> St. Redmond.
- Arrival: By bus #545 from Seattle downtown or by bus #542 from UW/LINK light rail.  
Closest stop is Redmond City Hall, a 3-minute walk to City Hall.
- End Point: Happy Hour at 192 Brewing Company, 7324 NE 175<sup>th</sup> St., Kenmore.
- Return: From Kenmore Park & Ride, bus #522 to downtown (30 minute intervals) or #372 to UW/LINK light rail (15 minute intervals).
- Cars: Not advised. Parking is scarce and bus connections between Kenmore and Redmond are lengthy. All-day parking for a few cars is available at 192 Brewing in Kenmore. You must let Craig know if you want a space, prior to the walk day.
- Morning Coffee/RR: River Trail Roasters is directly across from City Hall. Restrooms available at City Hall.
- Lunch: Pack your lunch or purchase at Village Square Café (pre-order) or River Trail Roasters (small selection and quantity). For Village Square Café, see menu/instructions in map packet.
- Terrain: River Trail, very flat.

## DAY 3, Thursday May 24      Microsoft Visitors Center to Redmond

- Gathering Point: 9:30 a.m. Microsoft Visitor's Center (Building 92), 15010 NE 36<sup>th</sup> St., Redmond  
NOTE: Lobby of Building 92 opens early. Visitor's Center opens at 9:00 a.m. If you wish to look around the Visitor's Center, allow extra time.
- Arrival: By bus #545 from Seattle downtown or #542 from UW/LINK, to Overlake Transit Center.  
Allow for a 10 minute walk to the Microsoft Visitor's Center, map to be provided.
- End Point: Happy Hour at Matador Restaurant, 7824 Leary Way NE, Redmond.
- Return: From Redmond Transit Center, bus #545 to downtown (frequent) or #542 to UW and LINK light rail (frequent).
- Cars: Park at MS multistory garage, Building 99, 3600 NE 150<sup>th</sup> St., Redmond. (At end of day return by bus #221 (Redmond TC Bay 4) to 148<sup>th</sup> Ave NE and NE 35<sup>th</sup> St.)
- Morning Coffee/RR: Coffee available at the small public concession stand in Building 92 (ask at the front desk). Restrooms available in lobby.
- Lunch: Pack your lunch or pre-order for pickup at Bellevue Golf Course Grill (first stop on walk). See menu and instructions in the map packet.
- Terrain: There are two very short but steep gradient hills. Bring walking sticks if you wish.