Team Transplant
Fall 2011
Directions to Practices

Saturday Practices:

We will be rotating through several practice locations during the training program. The location will be listed on your training schedule or you will be notified via e-mail during the week prior to our meeting if there's a change. Unless otherwise notified we will meet at 8:00 am. Directions to the parks are listed below:

To Alki:

Take the West Seattle Exit off of I-5.
Then, take the Harbor Ave. Exit from the West Seattle Bridge.
Turn Right and follow this road all the way to almost the end of the beach. We will meet at the Statue of Liberty (I believe if you've gotten to 63rd Ave. SW, you've gone too far)

To Discovery Park:

Heading *North* on I-5:
Take the Mercer Street exit. Go right at first stoplight. At next set of stoplights go left. Stay in far right lane that merges onto Westlake Avenue N. Follow Westlake until you reach the Nickerson Street. Go straight on Nickerson Street past Fremont Bridge and Seattle Pacific University. Staying in left lane follow the sign to the Ballard Bridge/Emerson Street. At 3 way stop take a left onto a ½ circle viaduct and follow Emerson until you come to a 4 way flashing stop. Take a right onto W. Gilman that becomes W. Government Way. Follow until you come to the east entrance of the Park.

Heading *South* on I-5:
Take the 45th Street Exit and head west (right). Follow 45th going west and stay to the right. 45th becomes 46th Avenue North. Follow 46th until it becomes Market Street. Continue on Market until you reach 15th Avenue NW. Go left on 15th Avenue NW, following it over the Ballard Bridge. Take the first right after the bridge onto Emerson Street. Take a right onto W. Gilman at the 4 way flashing light. That becomes W. Government Way. Follow until you come to the East entrance of the Park.

From Downtown Seattle:
Go west on Denny Way to Elliott and follow directions below for Highway 99.

From Ballard:
Follow direction from 15th Avenue NW to Ballard Bridge.

Heading North on Hwy 99:
Follow 99 to the Western Avenue exit. Head north on Western to Elliott Elliott becomes 15th Avenue W. Follow 15th to the Dravus Street exit. At stoplight take a left onto Dravus. Take

a right onto 20th Avenue W. 20th will become Gilman Avenue W. at 4 way stop. Gilman Avenue W. then becomes W. Government Way. Follow until you come to the East entrance of the Park. The Visitor Center will be on the left.

******To get to the South Parking Lot******
TURN left onto 36th Ave. W. This is before you enter the park. At the next stop sign (or at the corner of the park) turn Right. This should be W. Emerson St. Drive approximately ½ mile until you come to another entrance to the park. It will be on your Right side. The road will swing you back East to the SOUTH parking lot…. For a map of the park, go to:

*****To get to the North Parking Lot******

Follow main road through the park, past the visitor's center, heading toward the Daybreak Indian Center. The North Parking lot will be on your left. There is usually a Metro bus parked at the entrance to the lot.

To Gasworks Park:

From I-5: Take the 45th St. Exit. Head WEST on NE 45TH St towards 4th Ave NE. Turn LEFT onto Thackery Pl. NE. Turn RIGHT onto NE 42ND St. Turn LEFT onto 2nd Ave. NE. .Turn RIGHT onto NE Pacific St. which becomes N 34th St. Turn LEFT onto Meridian Ave. N. There should be ample parking in the parking lot.

To Green Lake:

From I-5:

Take the 50th St. Exit. Start out going west on NE 50th St. Turn RIGHT onto Green Lake Way N. (There is a stoplight at this intersection and the street going south is Stone Way; the road going north is Green Lake Way). There will be soccer fields and a dirt track on your left. Follow this road until it splits and you have the option of continuing straight or turning onto West Green Lake Way (You will see the Green Lake Pitch'n Putt in front of you.) Here, you will turn LEFT onto West Green Lake Way, follow it to the parking area. We will meet at the dirt track which will be on your left (It is across from the Green Lake Crew house located at 5900 W. Green Lake Way).

To Juanita Bay Park (Kirkland):

From I-405 South: take the NE 124th Street exit (exit 20) and turn right onto NE 124th Street. Turn left onto 100th Avenue NE which becomes 98th Avenue NE which becomes Market Street. End at 2201 Market Street, Kirkland.

From I-405 North: take the NE 116th Street exit (exit 20A) and turn left onto NE 116th Street. Turn left onto 98th Avenue NE which becomes Market Street. End at 2201 Market Street, Kirkland.

To Leschi Park:

Best way is to take I-5 to 520.
Exit 520 at the UW
Go through intersection at the end of the exit ramp (I believe this is 23rd though it may be actually called something else here?).
Follow the road through the arboretum
When you get to Madison (There's a gas station on your left), go straight through the intersection. This is a windy, turny road that becomes switch-backy…You eventually come to a 5-way intersection.
Again, go through this intersection (Remember, you're headed toward the water and Seward Park)
Follow this road all the way until you come to a little settlement that includes Starbucks, Pert's Deli, and the Bluewater Bistro.

To Montlake Community Center:

From North or South I-5:

Take Exit 168B (520 Bridge)
Take the first exit which is Montlake Blvd, and make a right
At the next light make a right (Roanoke St)

Follow the street to a five way stop
At the stop sign make a sharp right onto 16th Ave E
Go two blocks and you will see our parking lot ahead of you

From the Eastside:

Cross the 520 bridge westbound
Take the first exit which is Lake Washington Blvd.
At the stop sign make a right
Follow this to Montlake Blvd. And make a left
Take your immediate right onto Roanoke St.
Follow the road to a five way stop
Take a sharp right onto 16th Ave E
Go two blocks and you will see the parking lot ahead of you

From the Central District:

Take 23rd Ave northbound

At the bottom of the hill, make a left onto Boyer Ave.
Follow the street to a five way stop
Make a soft right onto 16th Ave E
Go two blocks and you will see the parking lot ahead of you

Montlake Community Center (continued)

From the University District:

- **Across the Montlake Bridge**
  - Cross the bridge southbound
  - Make a right at Roanoke St
  - Follow the street to a five way stop
  - Make a sharp right onto 16th Ave E
  - Two blocks ahead you will see our parking lot
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- **Across the University Bridge:**
  - Cross the University Bridge southbound
  - Make a left at Furman Ave.
  - Follow the street and make a left at E McGraw
  - Turn left onto 16th Ave E
  - Go one block and you will see the parking lot

Redmond Town Center (training on the Lake Sammamish Slough Trail):

From I-5:
From 1-5 take 520 east (toward Bellevue)
From 520 east take the West Lake Sammamish Parkway Exit.
Turn left at the light.
Turn right at the next light onto Leary Way.
Turn right at Bear Creek Parkway (second light).
Follow Bear Creek Parkway to Desert Fire on the left.

From I-405:
From I-405 north or south take 520 east toward Redmond.
From 520 east take the West Lake Sammamish Parkway Exit.
Turn left at the light.
Turn right at the next light onto Leary Way.
Turn right at Bear Creek Parkway (second light).
Follow Bear Creek Parkway to the parking area where you'll find Desert Fire and the Claim Jumper.

To Seward Park:

I-5 Southbound

Take the W SEATTLE BR/COLUMBIAN WAY exit- exit number 163A.
Keep LEFT at the fork in the ramp.
Merge onto COLUMBIAN WAY S.
Turn SLIGHT RIGHT onto 15TH AVE S.
Turn SLIGHT LEFT onto S COLUMBIAN WAY.
Turn SLIGHT RIGHT onto S ALASKA ST.

Turn RIGHT onto RAINIER AVE S/WA-167.
Turn LEFT onto S ORCAS ST.
S ORCAS ST becomes LAKE WASHINGTON BLVD S. 0.14 miles

I-5 Northbound

Take the SWIFT AVE. exit- exit number 161- towards ALBRO PLACE.
Turn RIGHT onto SWIFT AVE S.
Turn LEFT onto S EDDY ST.
Turn LEFT onto BEACON AVE S.
Turn RIGHT onto S ORCAS ST.
S ORCAS ST becomes LAKE WASHINGTON BLVD S. 0.14 miles

To Volunteer Park:

From I-5 Northbound

- Take the East Olive Way Exit (exit #166)
- Bear right on East Olive Way
- East Olive Way merges into East John St
- East John comes to a T at 15th Ave E
- Turn Left on 15th Ave E.
- In about 3/4 of a mile, the entrance to Volunteer Park will be on your left

From I-5 Southbound

- Exit at Bolston Ave/Roanoke St (exit #168A)
- Turn Left on E Roanoke St.
- Cross I-5
- Merge into the right lane
- Turn right at 10th Ave E.
- Turn Left onto E Boston Street
- E Boston becomes 15th Ave E.
- The entrance to Volunteer Park will be on your left (approx 1/2 mile from 10th Ave E.)