



**IMPORTANT INFORMATION ABOUT THE SEAHAWKS 12K RUN AT THE LANDING  
ON SUNDAY, APRIL 17, 2016**

The 2016 Seahawks 12K Run at The Landing is coming up on Sunday, April 17, 2016! The Seahawks 12K Run will start and finish at The Landing, run along the southeast shore of Lake Washington and offer participants a unique opportunity to run around the Seahawks training facility, the Virginia Mason Athletic Center. The event will also feature the GLOW 5K Run/Walk that will tour The Landing and surrounding Renton neighborhoods, as well as the Seahawks Play 60 Half-Mile Kids Run that will be completely contained within The Landing and not part of the public right of way. The Seahawks 12K Run at The Landing will collect donations on behalf of and help raise money for A Better Seattle. Led by Head Coach Pete Carroll and the Seattle Seahawks, in partnership with the YMCA of Greater Seattle and the Seattle Youth Violence Prevention Initiative, ABS is designed to create a culture of safety and peace by reaching at-risk youth and reducing violence in our communities.

**EVENT DAY SCHEDULE**

6:30 a.m. to 8:45 a.m.	Participant Packet Pick-up at The Landing
8:30 a.m. to 12:30 p.m.	Lake Washington Blvd. between N. Park Drive and Seahawks Way and streets surrounding The Landing closed to traffic
9:00 a.m.	Start of Seahawks 12K Run
9:20 a.m.	Start of GLOW 5K Run/Walk
10:45 a.m.	Start of Seahawks Play 60 Kids Run (course contained within The Landing)

**STREET CLOSURE INFORMATION**

**Northbound and southbound Lake Washington Blvd. N. will be closed between N. Park Drive and I-405 (near Seahawks Way) on Sunday, April 17 from 8:30 a.m. to 12:30 p.m. Local circulation between minor intersecting streets and driveways will be allowed where possible only when it does not jeopardize the safety of the runners.**

**Park Avenue N. southbound will be closed between N. Park Drive and N. 4<sup>th</sup> Street at 8:30 a.m. and will reopen at approximately 10:00 a.m.**

**Park Avenue N. northbound will be closed between N. 8<sup>th</sup> Street and N. Park Drive at 8:30 a.m. and will reopen at approximately 9:45 a.m.**

**N. 8<sup>th</sup> Street between Park Avenue Avenue N. and Houser Way N. and Houser Way N. between N. 8<sup>th</sup> Street and Lake Washington Blvd. N. will be closed at 8:30am and will reopen at approximately 9:45 a.m.**

**N. 8<sup>th</sup> Street between Logan Avenue N. and Park Avenue N. will be closed at 8:30 a.m. and will reopen at approximately 10:45 a.m.**

**Logan Avenue N. between N. 3<sup>rd</sup> Street and Park Avenue N., and N. Park Drive westbound between Logan Avenue N. and Garden Avenue N. will be closed at 8:30 a.m. and will reopen at approximately 12:30 p.m.**

*Complete event information including detailed route maps available at [www.Seahawks12KRun.com](http://www.Seahawks12KRun.com). Please try to plan your trips accordingly on the morning of the event and take into consideration street closures and the need for runners' safety.*

**Come show your Seahawks spirit and participate in this exciting event! Put on your favorite Seahawks gear and cheer for participants as they run by, or join the race yourself!  
Register now at [www.Seahawks12KRun.com](http://www.Seahawks12KRun.com).**