



American Heart Association.

Alaska Heart Run & Walk™

**2023
ALASKA
HEART RUN
& WALK
ROUTE MAP**



2023 Alaska Heart Run and Walk Route and Run/Walk Directions

There are two route to choose from- a 5k or 3k options. Both Start & Finish in the same locations. To stay on the 3k route, once you arrive at Providence Dr, turn left, not right. To opt for the 5k course, take a right at Providence.

There is a water station in the festival area and located at the intersection of Elmore and Providence. There are portable restrooms located at the second parking bay

Please call 360-710-7177 for questions/concerns

Dogs are welcome on the course, but must remain leashed. Wheelchairs and strollers are absolutely welcome.

For Emergencies, please dial 9-1-1

Parking:

Parking is on a first come, first served basis. The main parking area for participants is located at the same area, just a couple bays over from the Heart Run & Walk Expo space. There are 500 spaces available there, with additional parking located in the Providence PS2 and PS3 Lots. Please reference the parking map for more details.

There are many accessible parking paces in the main lot, as well as in the Reserved Lot directly in front of the Alaska Airlines center.

5K Route:

- The Run & Walk will begin at our Heart Run & Walk inflatable start-line arch in the vicinity of Health Drive heading east.
- Run/Walk east towards Elmore.
- Turn right (south) onto Elmore
- Turn right on University Dr.
- Head West on Providence. There will be a water station here.
- Turn right onto Alumni Loop
- Run north towards UAA Fine Arts Building
- Turn around in the Fine Arts Building Parking Lot
- Run/Walk south on Alumni Loop
- Turn left onto Providence
- Turn right onto Elmore
- Turn right on Health Drive
- Finish in Alaska Airlines Center Parking Lot "Festival Area". The finish line is under the inflatable finish arch.

3K Route:

- The Run & Walk will begin at our Heart Run & Walk inflatable start-line arch in the vicinity of Health Drive heading east.
- Run/Walk east towards Elmore.
- Turn right (south) onto Elmore
- Turn around and head back up Elmore until you reach Providence Dr.
- At Providence Dr., turn left and continue down. There will be a water station here also.
- At Alumni Dr, turn right and run toward UAA Fine Arts Building
- End at the inflatable Finish Arch in the Alaska Airlines Center Parking Lot "Festival Area".