



LOOP THE 'LUPE! COURSE MAP

It's a fun-filled 5K obstacle course located in the heart of Seattle! Loop the 'Lupe takes place at Walt Hundley Playfield in West Seattle and is the **ONLY** obstacle course you'll find in the city. Or, skip the obstacles and make it a 5K fun run/walk! Plus there's a Youth Dash (age 8 and under) and Senior Saunter (age 65+, no obstacles), so the whole family can join in!

10:00am - Pre-Race Packet Pickup
 11:00am - Loop The 'Lupe! Obstacle Course Elite Wave
 11:30am - Loop The 'Lupe! Family Wave
 11:45am - 5K Family Fun Run/Walk
 12:00pm - Senior Saunter
 1:00 - Youth Dash

For More Information - www.loopthelupe.com

..... **OBSTACLE COURSE & FUN RUN/WALK 5K**
 *OBSTACLE COURSE & 5K COMPLETE 5 LAPS

..... **SENIOR SAUNTER**

..... **1K YOUTH DASH**
 *Completes 1 loop on obstacle course

*** 5E & 6E Obstacles will be completed by the elite wave participants only

