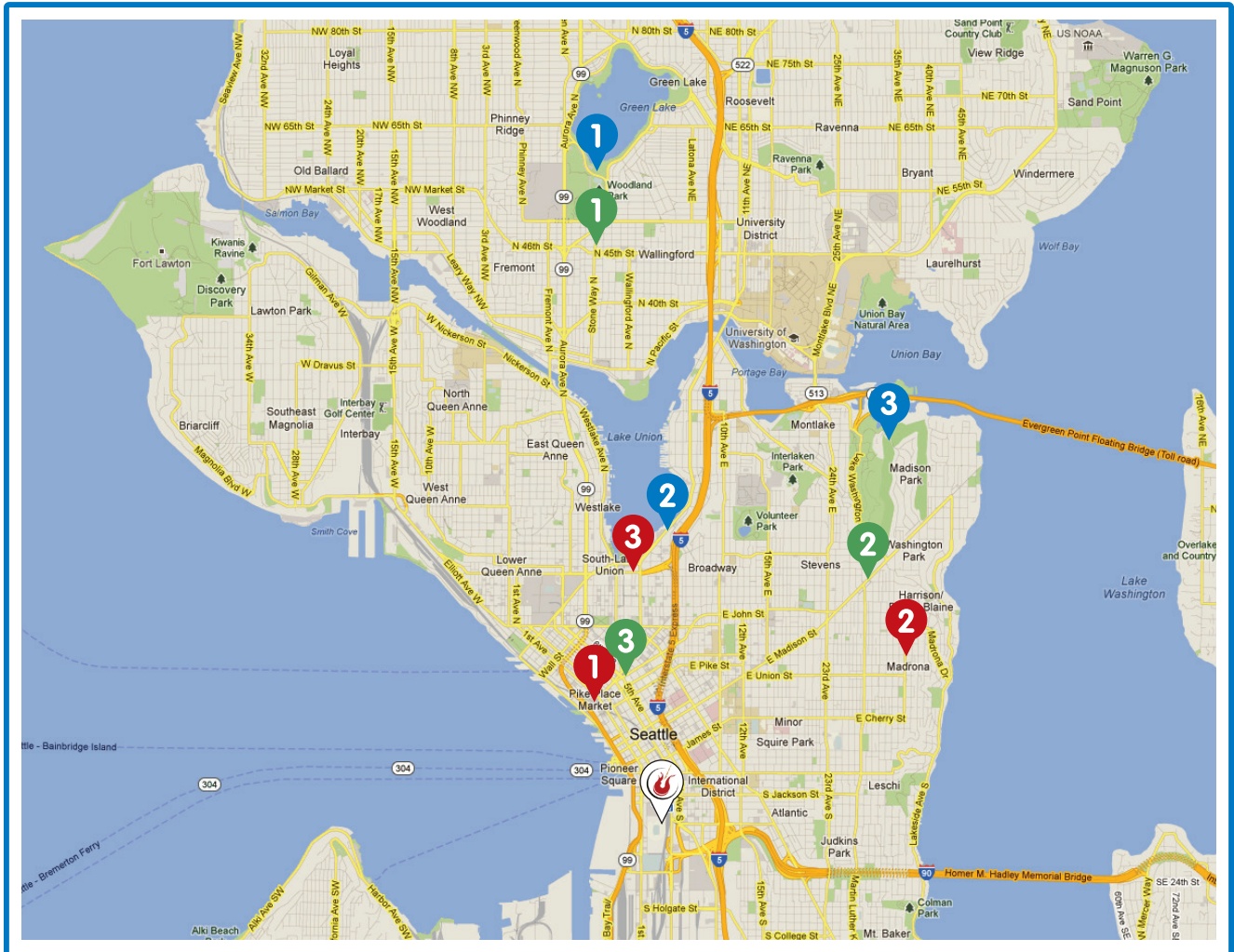


# BROOKS RUNS SEATTLE



CLICK BOLDED TEXT BELOW TO LEARN MORE

## SCENIC SEATTLE RUNS

- 1 Green Lake** | 3 Miles
- 2 Lake Union** | 6 Miles
- 3 Madison Park** | 10 Miles

## PRE-RACE CARB LOAD

- 1 Bizzaro Italian Café** | 1307 N. 46<sup>th</sup> St.
- 2 Café Flora (veg)** | 2901 E. Madison St.
- 3 Serious Pie** | 316 Virginia St.

## POST-RACE BRUNCH

- 1 Café Campagne** | 1600 Post Alley
- 2 Hi Spot Café** | 1410 34<sup>th</sup> Ave.
- 3 Portage Bay Café** | 391 Terry Ave. N.

### LOCAL RUNNING TIP

In addition to the rain, Seattle is known for being a hilly city. For runners, this is both a challenge and an opportunity. We suggest embracing Seattle's ups and downs. When approaching an ascent, decrease your pace, lean into the incline, swing your arms, and take smaller steps as you climb. By taking on Emerald City's heights, you will become a stronger and more versatile runner.

### LOCAL BANDS

- |   |   |
|---|---|
| <b>Blue Scholars</b> "The Ave"                              | <b>Go Periscope</b> "Take it Personal"        |
| <b>Heart</b> "Crazy on You"                                 | <b>Pickwick</b> "Hacienda Motel"              |
| <b>Death Cab for Cutie</b><br>"Marching Bands of Manhattan" | <b>Macklemore &amp; Ryan Lewis</b><br>"Wings" |
| <b>Modest Mouse</b> "Float On"                              | <b>Fleet Foxes</b> "Lorelai"                  |
| <b>Nirvana</b> "Smells Like Teen Spirit"                    | <b>Foo Fighters</b> "Rope"                    |