

5K WALK/RUN EVENT GUIDE



WELCOME TO FRED HUTCH OBLITERIDE!

We're so excited you've joined this powerful community to walk or run, have fun, and help cure cancer faster! This guide has all the details you need to get ready, stay safe, and have a great weekend.

We have an amazing event planned! Expect delicious food, scenic routes, outstanding music, and an unforgettable community. To our returning Obliteriders: Welcome back! And to our first-year participants: We are so glad you're here. You've fundraised, put in the training, and reflected on what Obliteride means to you. Now it's time to rally together and celebrate.

Thank you for supporting the groundbreaking work happening at Fred Hutchinson Cancer Center. Together, we are improving and saving lives.



WHAT YOU'LL FIND IN THIS GUIDE:

- Weekend Schedule 2
- Transportation 3
- Packet Pick Up 4
- Weekend Details 5
- Safety 6
- Navigation 7



YOUR START LINE INFO

SATURDAY, AUGUST 12

Start Line: University of Washington, [E-18 parking lot](#)
Start Time: 9 a.m.

Please note: Please arrive at least 30 minutes before your start time.

WEEKEND SCHEDULE

FRIDAY, AUGUST 11: FRIDAY NIGHT PARTY

[Gas Works Park](#)

2101 N. Northlake Way, Seattle, WA 98103

Entry into the Friday Night Party is included for all registered participants and includes food and beverages. See page 5 for details on tickets for guests and virtual Obliteriders.

TIME	TO DO
3 p.m.	Packet pick up opens.
4 p.m.	Doors open! Celebrate with great food, drinks, and music.
5 – 8 p.m.	Dinner buffet service.
6:45 – 7 p.m.	Obliteride program.
9 p.m.	Friday Night Party ends and packet pick up closes.

SATURDAY, AUGUST 12: OBLITERIDE DAY

Start Line: [UW Parking Area E-18](#)

Montlake Blvd. NE, Seattle, WA 98105

Finish Line: [Gas Works Park](#)

2101 N. Northlake Way, Seattle, WA 98103

TIME	TO DO
8 a.m.	Packet pick up opens and breakfast buffet service begins.
8:40 a.m.	Line up in the chute.
9 a.m.	5K walk/run starts.
9:30 a.m. – 6 p.m.	BBQ lunch buffet, music, and drinks at the finish line.
9:30 a.m. – 6:45 p.m.	Shuttle service back to the start line available.

All times subject to change.



WEEKEND REQUIREMENTS

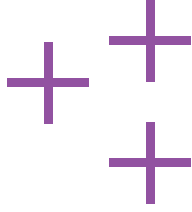
- Bring and carry a photo ID.
- Keep your wristband on at all times throughout Obliteride Weekend [this is your ticket and identification for Friday and Saturday].
- Follow all posted signs.
- Respect fellow Obliteriders.
- Pets [excluding service animals] are not permitted on ANY Obliteride course or at our Friday Night Party or Saturday Celebration. This policy will be strictly enforced.



NEED HELP FINDING YOUR WAY?

Check out our digital venue maps!





TRANSPORTATION

FRIDAY NIGHT PARTY

Parking can be limited near the venue, so please plan accordingly — consider riding your bike, carpooling with teammates, or taking public transportation. Complimentary secure on-site bike parking will be available.

OBLITERIDE DAY

Complimentary parking will be available for participants near the start line, in the [UW Parking Area E-1](#) [Walla Walla Rd., Seattle, WA 98105].

We also encourage Obliteriders to carpool and take public transportation. The start line is located by the [E-18 parking lot](#) near the University Light Rail Station. King County Metro Bus lines serving the University of Washington and UW Hospital are also close by.

SHUTTLES

On Obliteride Day, shuttles will be running from 9:30 a.m. — 6:45 p.m. to transport participants from the finish line at Gas Works Park back to the UW start line. Schedules and pick up locations will be shared on site.

Special thanks to Microsoft for their support of this year's shuttles.



PACKET PICK UP

All participants MUST visit packet pick up to receive their participant credential sheet, bib, and Obliteride T-shirt. Pick up locations are available at the Friday Night Party OR on Obliteride Day at the start line, prior to your start time. Here's everything included in your packet:

BIB

Pin your bib to the front of your shirt using the provided safety pins. Your bib will be used to identify you on-route.

CREDENTIAL SHEET

This sheet has everything to identify you on Obliteride Weekend. It includes your:

- **Wristband** — Participants must wear their wristband at all times during Obliteride Weekend. This will get you access to all Obliteride festivities and amenities.
- **Bag Tag** — Use the bag tag to have your bag transported from the start line to the finish line on Obliteride Day. Tag your bag, then drop it at the start line bag check tent. You may pick it back up at the bag check tent when you finish.
- **Name Tag** — Wear your name tag during the Friday Night Party and on Obliteride Day to connect with your fellow Obliteriders.



OBLITERIDE T-SHIRT

Don't forget to wear your T-shirt on Obliteride Day to show your Obliteride spirit! **All shirts will be distributed at packet pick up.**



WEEKEND DETAILS

GUESTS

Obliteride is a celebration! Invite your friends and family to cheer you on!

- **Friday Night Party** — Guest tickets can be [purchased online](#) through Thursday, August 10, or at Gas Works Park on Friday, August 11. The price is \$50 for adults (21+) and \$35 for youth (ages 10 – 20). Kids (ages 0 – 9) get in free. Youth and kids must be accompanied by an adult. Guest tickets include food and beverages.
- **Obliteride Day** — Guests are invited to cheer participants on at the Gas Works Park finish line. Tickets will be available at the door. Adults (21+) can enjoy food and beverage for \$35, youth (ages 10 – 20) for \$30, and kids (ages 0 – 9) are free! Spectator tickets are free and do not include food or beverages.

FOOD AND BEVERAGES

Riders enjoy food and beverages all weekend!

- **Friday Night Party** — A dinner buffet, dessert, beer, wine, and non-alcoholic beverages will be served and are included for all participants and ticketed guests.
- **UW Start Line** — A breakfast buffet, coffee, and water will be available for all participants beginning at 5:30 a.m.
- **Gas Works Park Finish Line** — A BBQ lunch, beer, wine, and non-alcoholic beverages will be waiting for you and are included for all participants and ticketed guests.

Vegan, vegetarian, gluten-free, and dairy free options will be available with all food offerings on Obliteride Weekend. Some food items MAY contain traces of peanuts, soy or other allergens. Participants with specific dietary restrictions should consider bringing their own nourishment to ensure they can stay fueled along their routes. **Outside beverages are not allowed at the Friday Night Party or Finish Line Celebration. Hydration will be available inside the venues.**

BAG CHECK

Bag check will be available during the Friday Night Party. Simply check your bag at the bag check tent for secure storage while you enjoy the party, and pick it up before you leave.

On Obliteride Day, bag check will be available at the start line. Use the bag tag provided on your credential sheet and drop your bag at the bag check tent. Checked bags will be transported to the finish line for participants to retrieve when they finish.

RECOVERY

After you cross the finish line, stop by the soothe and stretch tent for recovery services from HIDEF Physical Therapy or at the top of every hour to join a short, beginner-level yoga session with a focus on stretching and recovery led by The Yoga Shala.

SAFETY

Obliteride is a family-friendly walk/run, not a race, and safety is our top priority. If you are in need of assistance along the 5K route, please call the Obliteride helpline at 1.833.988.7853. This number is also on your participant wristband.

EMERGENCY CONTACT INFORMATION


Please [notify Obliteride](#) of any changes to your emergency contact information. You will also have the opportunity to confirm your emergency contact information with an Obliteride volunteer when you pick up your packet. Accurate emergency contact information is essential and will be used in the case of an emergency.

MEDICAL

Medical personnel will be present at the start line, along the route and at the finish line to provide medical attention to any riders, runners, walkers, volunteers, or spectators. Please use these services for any non-emergency medical needs. **In the case of a medical emergency, please call 911.**

WHAT TO PACK:

- Participant credential sheet
- Participant bib
- Photo ID (for safety; also required for packet pick up; alcohol service)
- Comfortable shoes
- A full water bottle
- Cell phone
- Snacks as needed (breakfast and lunch will be provided)
- Sun protection (sunscreen, sunglasses, etc.)
- Rain gear/plastic or waterproof bag for your phone, keys, etc.



IMPORTANT: If you or another participant is having a medical or safety emergency, call 911 immediately.

Please call the Obliteride helpline after you have called 911.

NAVIGATION



ROUTE SIGNAGE

The course will be fully marked with signage. You will see signage to signal turns, help you stay on-route, and let you know what's ahead.

RIDE WITH GPS

Ride with GPS files are available for walkers, too! You can review and download the 5K route to your personal navigation systems. Updates are possible, so **please download the route ON the morning of Obliteride** so that you have the most current route files.

**DOWNLOAD THE
5K ROUTE**

Due to external factors (such as weather, road conditions, construction, etc.) all timing and routes are subject to change.

THANK YOU

Above all, stay safe and HAVE FUN! We're so glad you're part of Obliteride this year. And, be sure to post and tag your photos on social media [#Obliteride/@Obliteride] all weekend long so that your friends, supporters, and community can celebrate your accomplishment!

If you have any questions, visit Obliteride.org or reach out to our team by emailing obliteride@fredhutch.org or calling 206.667.RIDE (7433).

SEE YOU THERE!



THANKS TO OUR GENEROUS SPONSORS

