

The image features two large, black, L-shaped brackets. One is positioned in the top-left corner, and the other is in the bottom-right corner. They are oriented towards each other, framing the central text.

EXERCISING  
AROUND UW

THE BURKE-GILMAN  
TRAIL



# What and where is the Burke-Gilman

? 20+ miles of paved trail for runners  
■ and bikers

- Runs from Golden Gardens beach in Ballard all the way up to Bothell
- Easy access from campus!



TRAIL ETIQUETTE



# Dos



- Stay on the right side of the trail
- Pass people on their left side



- Use a bell, or say “on your left” so people are aware you are passing.



- Pull off to the side to stop



# Don'ts



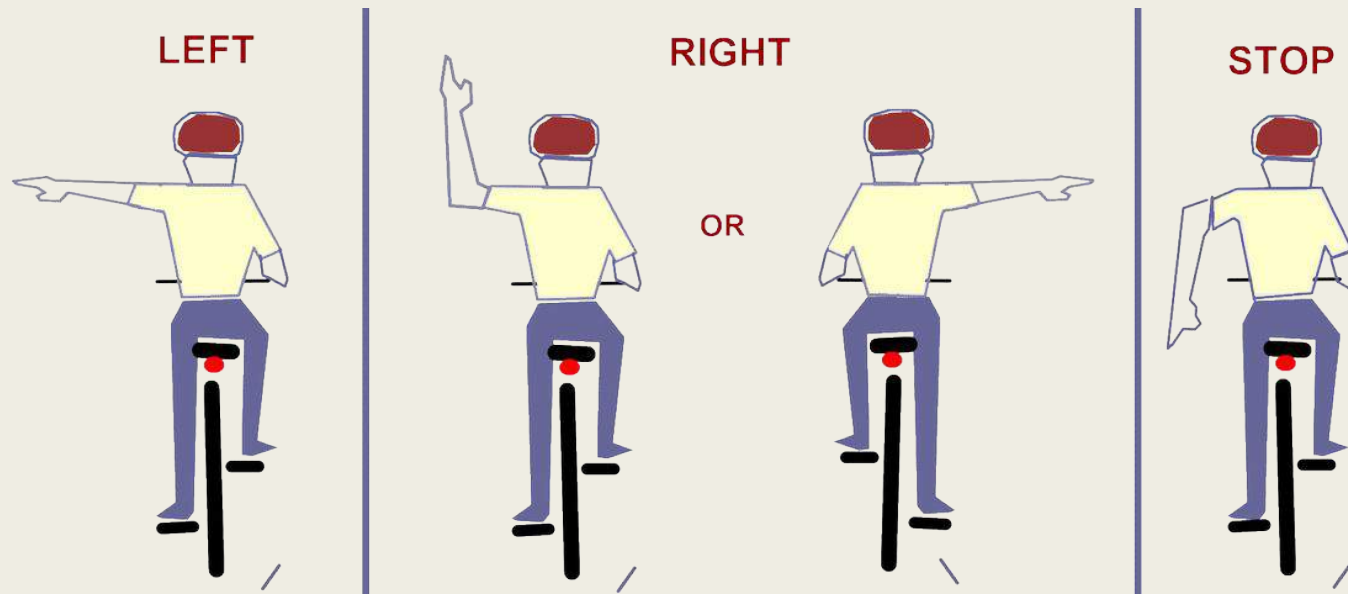
- Don't stop in the middle of the trail



- Don't litter on the trail



- Don't cross roads without stopping and checking if it is safe to cross



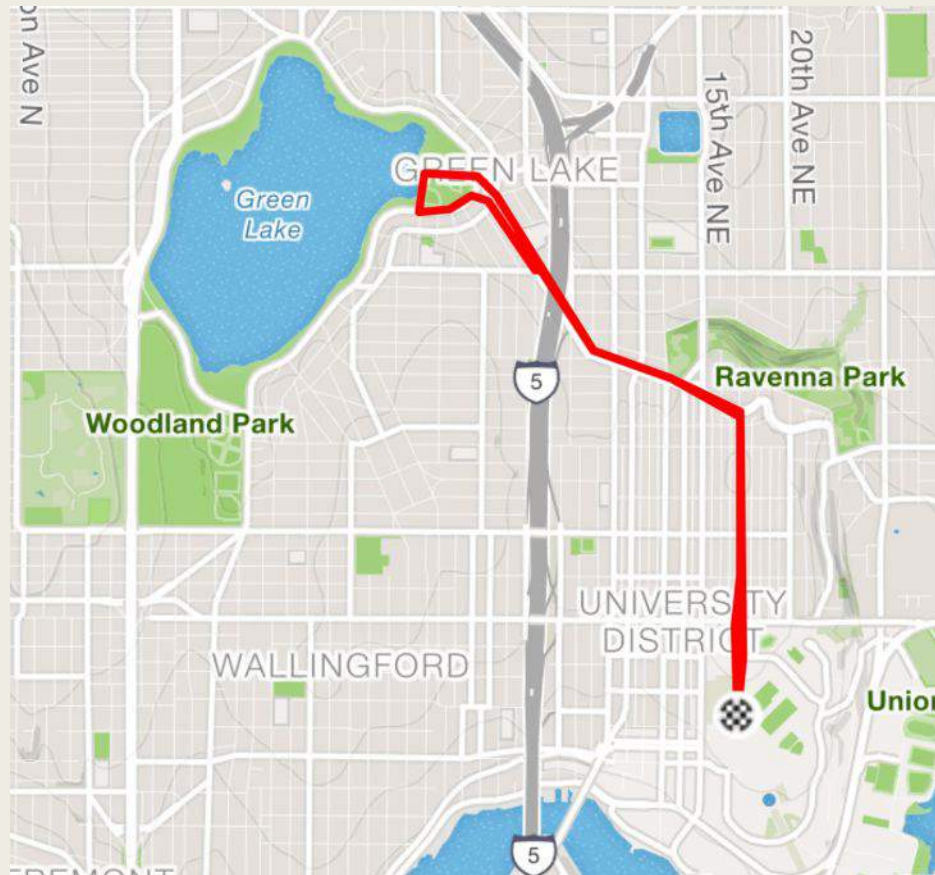
# BIKE HAND SIGNALS

# RUNNING/BIKING ROUTES



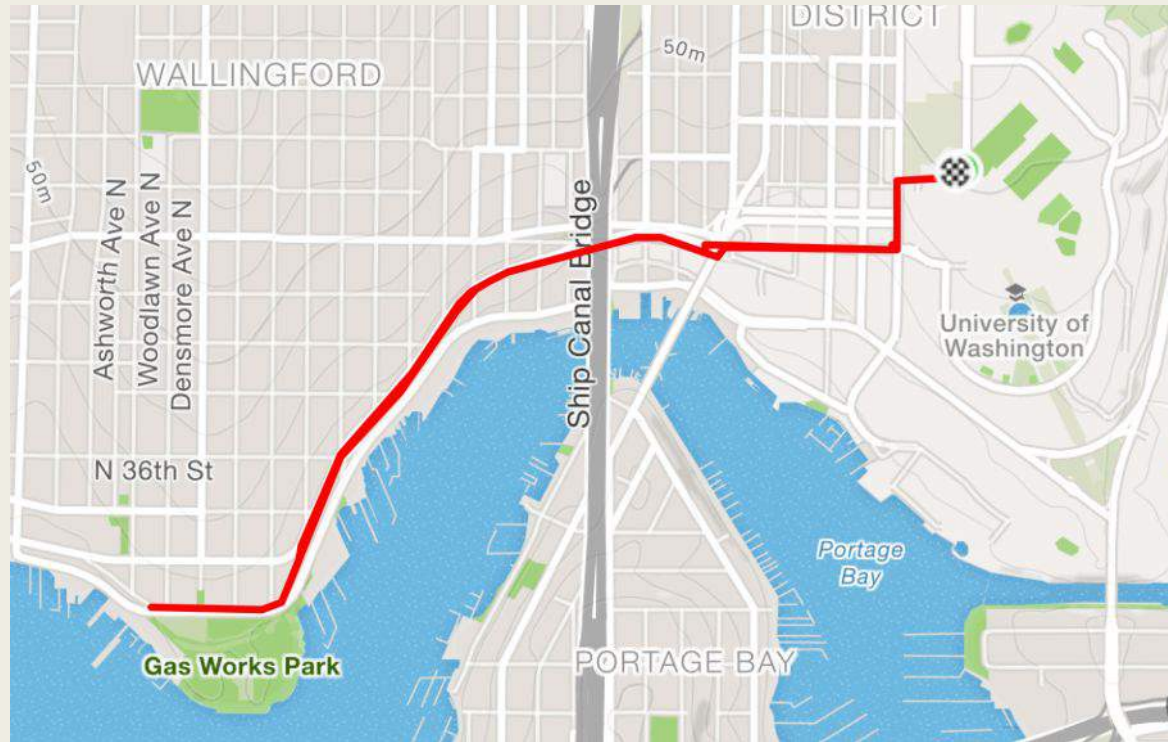


# Greenlake (4 mile round trip, or 7 if you go around the lake)



- <https://www.strava.com/routes/18695092> (link to full size map of route)

# Campus to Gas Works (~3.5 miles)



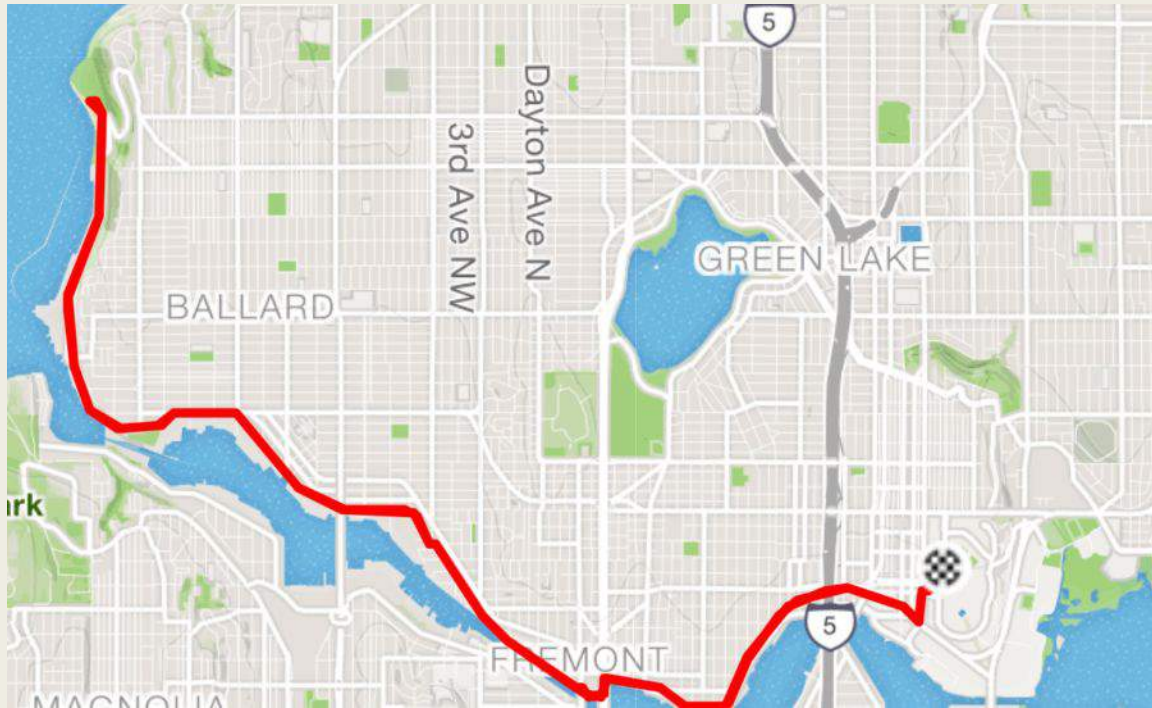
- <https://www.strava.com/routes/18695226> (link to full size map of route)

# Lake Union Loop (~7.5 miles)



- <https://www.strava.com/routes/18695759> (link to full size map of route)

# Golden Gardens (~15 miles)



- <https://www.strava.com/routes/18695437> (link to full size map of route)

# Track Your Progress with Strava!



Strava

- You can track your runs/rides with gps from your phone.
- You can create routes (just like the ones shown earlier).
- You can compare and compete with friends!

<https://www.strava.com/mobile>

# UW IMA INTRAMURAL ACTIVITIES)



Mon.-Fri. 6 a.m. – 10:30 pm

Sat. 9 a.m. – 9:30 p.m.

Sun. 11 a.m. – 8:30 p.m.

\*These are the current hours, which are subject to change. Check the IMA website for the most updated hours.

# What does the IMA have?



Basketball, volleyball and badminton courts



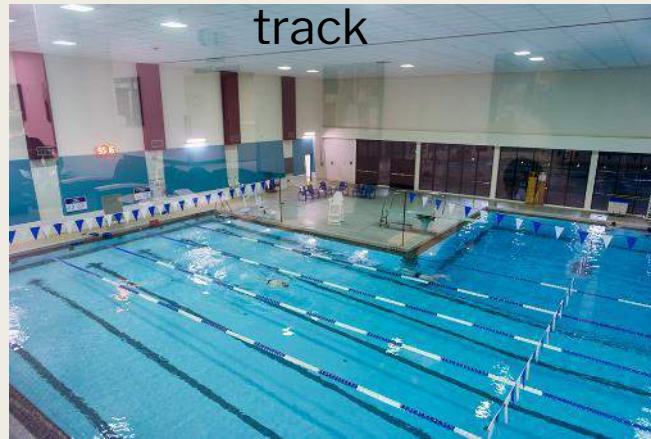
Indoor track



Weight machines and free weights



Cycling rooms and classes



Swimming pool



Racquetball courts

And LOTS more!

# FUN FRIDAY NIGHTS: IMA SPECIALS

**FRIDAY NIGHT ACTIVITIES** **APRIL 5 - JUNE 7** **W RECREATION**

**Log Rolling**  
6:30pm - 8:30pm  
IMA Pool

**Roller Skating**  
7:00pm - 10:15pm  
IMA Gym A\*

**Archery**  
6:00pm - 9:30pm  
IMA Archery Room\*

LEARN MORE AT RECREATION.UW.EDU

\*Skate rentals are free.

\* Required Safety Sessions only offered at 6:00, 7:15, and 8:30 pm



# Crags Climbing Center

(Located on first floor of IMA)



Monday	3 p.m. – 10 p.m.
Tuesday	7 a.m. – 9 a.m. 3 p.m. – 10 p.m.
Wednesday	3 p.m. – 10 p.m.
Thursday	7 a.m. – 9 a.m. 3 p.m. – 10 p.m.
Friday	12 p.m. – 2 p.m. 2 p.m. – 8 p.m.
Weekends	1 p.m. – 5 p.m.

Crags has special hours. These are subject to change so check the IMA website for the most up to date schedule!

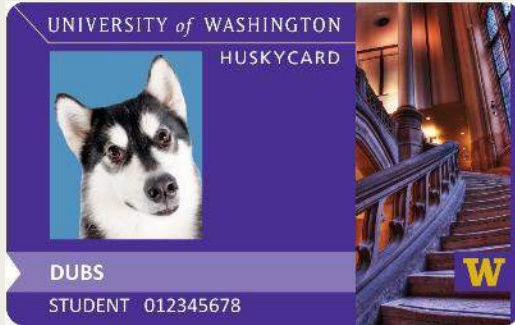
Crags Day Pass	\$3.50
Crags Quarter Pass (Spring)	\$41.25
Crags Quarter Equipment Pass	\$25.00
Belay Exam	\$5.00

Must pay extra to climb



Must use special climbing shoes. Equipment rentals available on site for a few extra dollars.

# Things to bring



Bring your husky card or you won't be able to get in!



T-shirt or sweatshirt



Athletic shorts or sweatpants



sneakers

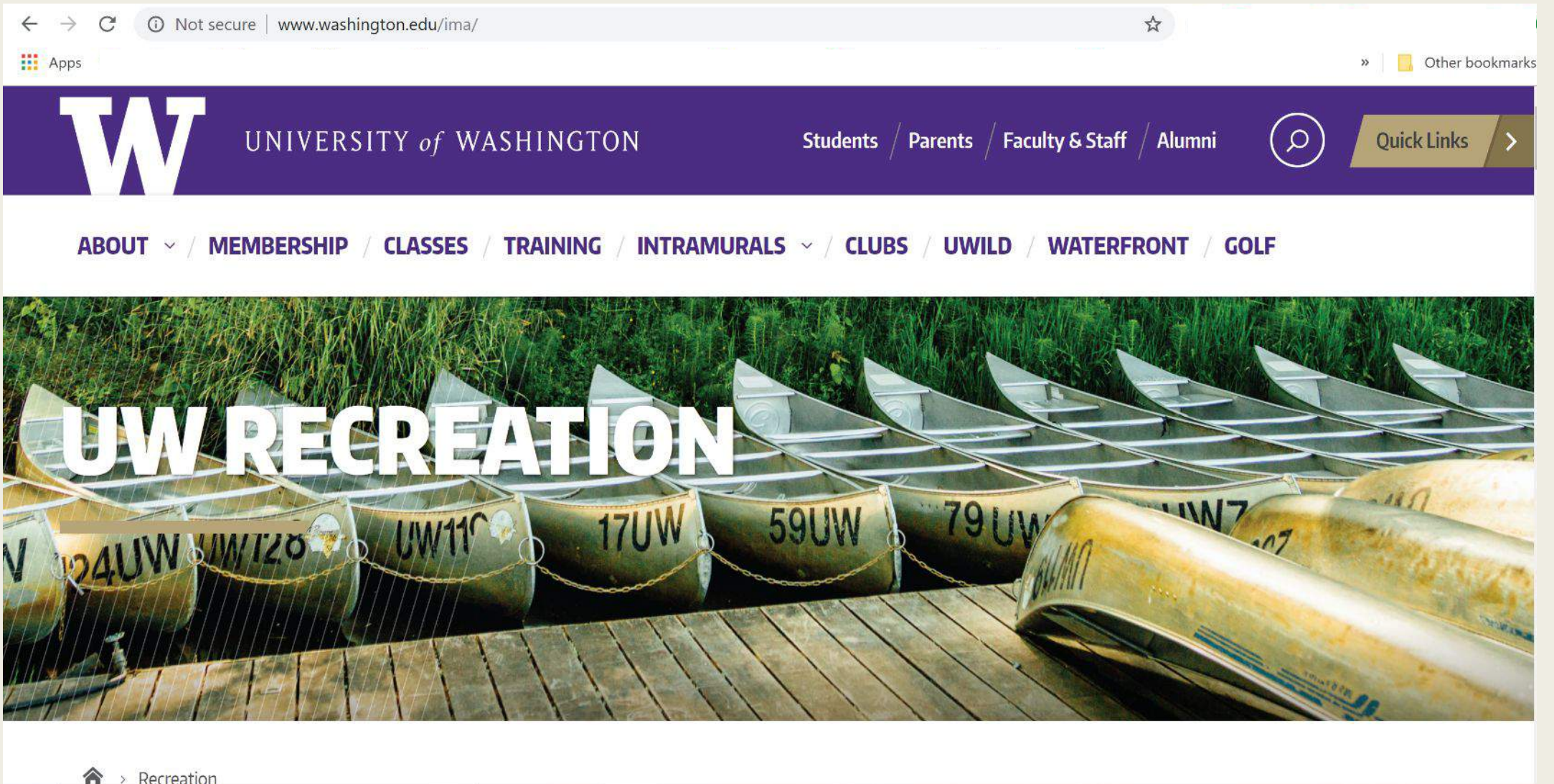


Water bottle

# A Quick Tour



<https://youtu.be/Otv034NAG8s>



The IMA website has lots more information about classes, schedules and amenities not included here. Check it out if you're interested in exploring everything the IMA has!

<http://www.washington.edu/ima/>

# Stay Active and Stay Healthy!

There are lots of opportunities available to students to stay fit. Take advantage of them while they are right here and free to you as a student!

