

Seattle

itinerary

A New Way • The Seattle Mariners' slogan for the 2009 season, "A New Day. A New Way," reflects the extreme makeover the team has undergone since last fall. In October, the Mariners hired new general manager Jack Zduriencik, noting his ability to recognize and develop young talent as an executive with the Milwaukee Brewers. Shortly after joining the Mariners, he began creating a new system for evaluating players, and in November, he hired Oakland bench coach Don Wakamatsu as the new manager.

Wakamatsu, who was born in Hood River, Oregon, and who is Major League Baseball's first Asian-American manager, was also a minor league coach for several years. His fresh perspective on the majors and his ability to motivate players are considered key strengths as he strives to create a culture of winning.

Also during the offseason, 10 players departed (four via trades), and eight were

acquired. The acquisitions included Ken Griffey Jr., who signed a one-year contract. Griffey, a fan favorite, played for the Mariners from 1987 to 1999, when he was traded to the Cincinnati Reds. He hit an opening-night home run in his

first game back with the Seattle ball club.

The '09 Mariners are focusing on consistent defense and pitching, and a patient and meticulous offense skilled at placing the ball, hitting line drives and running bases.

Standout players such as Ichiro, Adrian Beltre and Kenji Johjima are also expected to contribute to an improved season. Regular-season play continues through October 4. 206-346-4000; www.seattlemariners.com.

—Jordan Nugent



Ken Griffey Jr.

lisa blumenfeld / getty images



barry wong

Chef Brian Scheehser grows his own produce for Trellis restaurant at the boutique Heathman Hotel in Kirkland, east of Seattle.

boutique hotel that quickly gained a reputation for excellence after opening in October 2007. The hotel is known for its level of service, for the organic-product Penterra Spa and for the Trellis restaurant—whose esteemed chef, Brian Scheehser, grows much of his own produce. The hotel, which attained Built Green status, also has a fitness room and steamroom, and many guest rooms have

Gateway to Getaways • In addition to enjoying the excellent hotels and resorts in downtown Seattle, visitors can experience wonderful getaways in nearby areas. Here are just a few examples:

The Heathman Hotel in Kirkland, about 12 miles northeast of Seattle, provides an escape near the shores of Lake Washington, in a

soaking tubs. The Heathman is near attractions such as lake cruises, art galleries, wineries, parks, gardens, shops, theaters and museums. www.heathmankirkland.com.

Salish Lodge & Spa, in Snoqualmie, approximately 25 miles southeast of Seattle, offers luxury stays at a historic 1919 lodge owned by the Muckleshoot Tribe. The lodge is

Seafair Fun • A kaleidoscope of floats, helium-balloon characters, Seafair Pirates and marching bands will delight spectators watching the largest nighttime parade in the Northwest. The Alaska Airlines Torchlight Parade at Seafair will

begin at sundown, approximately 7:30 p.m., on July 25, with participants marching down Fourth Avenue from Seattle Center to Qwest Field. The parade is one of the most popular parts of the annual Seafair celebration, which is marking its 60th anniversary. Seafair will kick off on July 11 at 10 a.m. with the annual Milk Carton Derby, in which nearly 100 contestants race across Green Lake in watercraft made with milk cartons. At approximately 11:30 a.m. on July



courtesy: seafair archives

Hydroplane racing at Seafair.

11, the Seafair Pirates will land on Alki Beach in West Seattle to playfully "menace" spectators. Hydroplane races take place on Lake Washington on July 31, and August 1 and 2, and the U.S. Navy Blue Angels perform full shows over the lake August 1 and 2. For information on these and the many other Seafair events, contact 206-728-0123; www.seafair.com.—M. Dill