

THE CONNECTION

A BIENNIAL PUBLICATION FROM COUGHLIN PORTER LUNDEEN
REVIEWING ALL THINGS AEC AND PACIFIC NORTHWEST

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As the movement against racism and social injustice continues, we have a responsibility, as both individuals and an organization, to respond. But we are also responsible to make that response thoughtful, educated, and sincere.

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Illustration by NPR Code Switch

STANDING AGAINST RACISM AND SOCIAL INJUSTICE: RESOURCES AND RECOMMENDATIONS THAT ARE HELPING US GROW.

Coughlin Porter Lundeen joined the statewide strike on Friday, June 12, closing our offices and making clear that we stand firmly against racism and social injustice of any kind. And while that day was an important one for reflection, peaceful action, and solidarity with the current movement, it's only the beginning, the first of many steps we plan to take against racism, injustice and ignorance.

As the movement against racism and social injustice continues, we have a responsibility, as both individuals and an organization, to respond. But we are also responsible to make that response thoughtful, educated, and sincere.

Like many, we have much listening, learning, and growing to do. And like many, we're grappling with questions like: Where do I start? How can I better understand our nation's history of systematic racism? What does it mean to be a true ally to the Black community? What do I say to my kids? How do I bring my learnings to a workplace environment? Our team is actively seeking answers, getting educated, and doing our part as individuals to confront social and racial injustice. We feel accountable in our roles as parents, partners, leaders, neighbors, friends and Seattleites.

Here, we've assembled the top recommendations from our team: what we're reading, watching, consulting and learning. Each item on the list was chosen by a member (or in many cases, by multiple members) of our team. Featuring everything from podcasts to prominent social voices, the collection is full of great resources and opportunities to learn. We hope that you find something on this list that will help you begin to create sincere change in your own lives.

WHAT WE'RE READING, WATCHING, CONSULTING AND LEARNING. JOIN THE CONVERSATION >>>

INTRODUCING THE NEW COUGHLIN PORTER LUNDEEN CONNECTION

Like many, the movement against racial and social injustice has made us evaluate our own behavior, biases and corporate practices. As a firm, we're thinking critically about our business and action we must take to create real change. With that in mind, and out of consideration for current events and our pledge to pursue social and racial justice, we are retiring the name The Red Line.

We are excited to announce that our biannual newsletter will now be published as The Coughlin Porter Lundeen Connection. The name is both a nod to the technical connections we design each day and an acknowledgement of the importance of connection and collaboration with one another, our community, our industry, and beyond. We look forward to sharing insights, industry news, community perspectives and commentary all things AEC!

Thank you for your readership and for joining us here!

Illustration by NPR Code Switch

What to Read / Watch

Books, articles, movies: tools that help us become more educated and understand perspectives beyond our own.

White Fragility by Dr. Robin DiAngelo

Topping out many recent bestseller lists, *White Fragility: Why Why It's So Hard For White People To Talk About Racism* explores racial insulation and how white people in North America might build capacity in the ongoing work towards racial justice. [Learn More](#)

The New Jim Crow by Michelle Alexander

An influential book for more than two decades, *The New Jim Crow* makes clear the disruptive effects that the “war on drugs” and other “tough on crime” policies have had on Black and minority communities. [Learn More](#)

13th and Dear White People

Next time you're browsing the Netflix menu, consider these two. *13th* is a “thought-provoking documentary, scholars, activists and politicians analyze the criminalization of African Americans and the U.S. prison boom.” The *Dear White People* Netflix description reads, “Students of color navigate the daily slights and slippery politics of life at an Ivy League college that’s not nearly as “post-racial” as it thinks.”

Reconstruction: America After the Civil War

Released by PBS, this four-hour documentary series explores the transformative years following the American Civil War. [Learn More](#)

I Am Not Your Negro

A 2016 documentary film based on James Baldwin’s unfinished manuscript *Remember This House*, *I Am Not Your Negro* explores the history of racism in the United States through Baldwin’s reminiscences of civil rights leaders Medgar Evers, Malcolm X, and Martin Luther King Jr., as well as his personal observations of American history. It was nominated for Best Documentary Feature at the 89th Academy Awards and won the BAFTA Award for Best Documentary. Included with Amazon Prime.

Between the World and Me by Ta-Nehisi Coates

This profound work pivots from the biggest questions about American history and ideals to the most intimate concerns of a father for his son. Coates shares the story of his awakening to the truth about his place in the world in a letter to his adolescent son.

Who to Follow / Learn From

Everything from social media accounts to podcasts.

TEDTalks Playlist

TED has curated a playlist “to help you understand racism in America.” From passionate pleas for reform to poetic turns of phrase, these talks take an honest look at everyday realities of Black Americans and illuminate the way forward. [Learn More](#)

1619 (Podcast)

An audio series by The New York Times, *1619* explores how slavery has transformed America, connecting past and present through the oldest form of storytelling. [Learn More](#)

Code Switch (Podcast)

NPR’s *Code Switch* breaks down race and identity and its impact on the world. Hosted by journalists of color, this podcast uses storytelling to help listeners understand how race shapes politics, pop culture and many mediums in ways we’ve never realized. Each episode dissects race issues and cultural shifts, tracking the uncomfortable conversations head on. [Learn More](#)

Uncomfortable Conversations with a Black Man (YouTube)

Emmanuel Acho sits down to have an “uncomfortable conversation” in a safe space with white America, to educate and inform on racism, systemic racism, social injustice, rioting and the hurt Blacks are feeling today. A book of the same name will be released in November. [Learn More](#)

The Great Unlearn by Rachel Cargle

Curated by Rachel Cargle, whose activist and academic work explore the intersection of race and womanhood, *The Great Unlearn* is self-paced course featuring 30 days of exercises, prompts and #dothework exercises. [Learn More](#)

What to Read / Watch

There are lots of great tools to help parents talk to their children about racism, current events, and their responsibility as the next generation.

A Kids Book About Racism

We've written about the "A Kids Book About" series before (when they released a COVID-19 book), and it's worth a mention here! [Learn More](#)

Raising Anti Racist Kids: What to Say and Do

Available on-demand, this virtual panel is a candid discussion for parents, equipping them to initiate conversations, answer tough questions, and lay the groundwork for change. [Learn More](#)

Coming Together: Standing Up To Racism - A CNN/Sesame Street Town Hall For Kids and Families

CNN and Sesame Street joined once again for another Town Hall to help kids and families discuss racism and the protests taking place nationwide, build empathy and embrace diversity. [Learn More](#)

Tackle One Task at a Time

Tools designed to bring change to the workplace.

ASCE Diversity, Equity, Inclusion

Member Voices, a series of blog posts by members that address DEI. [Learn More](#)

AIA Seattle's Women in Design and Diversity Roundtable: Conversations Towards An Equitable Practice

A series of group discussions on building a more equitable architecture industry in Seattle and beyond. If you missed one of the discussions, recaps are provided. Resources include a link to AIA Guides for Equitable Practice. [Learn More](#)

Taking Action at Work Part I: Bringing Folks In (AKA Inclusive Recruitment), and Part II: Retaining your Diverse Team (AKA Inclusive Retention)

Things companies can do to address common inclusion challenges around planning, employee recruitment and retention. [Learn More](#)

We don't have all the answers and our next steps aren't perfectly defined. In addition to our commitment to foster a culture of openness and sharing, we're pursuing the following as a team:

- Empower our Employee Engagement Task Group to lead us forward via courageous conversations and suggestions to leadership.
- Pursue training opportunities and renew our unconscious bias training.
- Evaluate our recruiting strategies and explore scholarship opportunities, positioning ourselves to further support and mentor students and young engineers.
- Collaborate with our AEC community, learning from one another and prioritizing forward-progress.

We're on this journey with you, our community. It's essential to listen to, learn from, and inspire one another. Have ideas, resources or recommendations that you've found helpful? Please [share them with us!](#) We'd love to share with our team and add them to our list!



Enumclaw High School

Project Q+A: Enumclaw High School Modernization and Addition

With an emphasis on community and collaboration, the modernization of Enumclaw High School provides students a state-of-the-art facility that they can be proud of.

We conducted a Q+A with Civil Associate Principal Keith Kruger to meet the new Enumclaw High School.

Q: Hi Keith! To begin, can you give us an overview? What were the district's hopes for the renovated campus?

Keith: Enumclaw High School is incredibly important to the district and surrounding community. The school serves 1,400 students from Enumclaw and Black Diamond, as well as local unincorporated regions of King County.

The vision for the multi-phased modernization and 25-classroom addition was to create a more cohesive, secure, and modern campus that could better serve not only the students, but the community as well

Q: Can you explain the overall plan for the campus?

Keith: Absolutely. Put simply, the design replaced multiple one-story buildings with a 143,000-square-foot, two-story structure on the south side of the campus. This new structure replaced aging classrooms, the library, science labs, music room, auditorium, and gymnasium. This structure was then connected with the remodeled commons, offices, and art and automotive wing (which was remodeled in 2000).

Q: You mentioned "multi-phased," can you expand on why that was important?

Keith: In order to maintain occupancy throughout construction, and not interfere too much with student life, we worked with the design team to break construction into two major phases. The two-year schedule prioritized separation of construction and school zones and involved housing students in a combination of portables and areas of the building not under construction.

Our civil team was instrumental in ensuring that this ran smoothly by maintaining the utility services required for each phase in a cost-efficient and safe manner throughout each phase of construction. Most of the new infrastructure was designed to span both construction phases, although some systems had to be temporary to keep existing buildings online through the next construction phase

Q: Sounds like a ton of coordination went into this project. Did you run into any major site issues?

Keith: What fun would it be if there weren't!? Considering the campus has been evolving

since the 1960's, we assumed there would be some below-the-surface surprises. Once we broke ground, we found quite a few utilities that were either routed in the completely wrong direction or missing. Our team spent a lot of time reviewing drawings with the school district to understand how the renewed campus could better be served. It's also important to note that the site is an extremely flat one with only five to six feet of elevation change, making drainage more difficult. Couple that with groundwater located only five to six feet below grade, and separate water and sewer connections for each building, and we had our work cut out for us!

With these challenges in mind, we coordinated with our structural team and other project team members to carve out enough space to create an interesting connection between the building exterior and courtyard using the stormwater system. We also coordinated with the landscape architect to tackle the "duck pond," which in addition to being a prominent water feature, is a fully functioning stormwater detention system. We had to be strategic about how stormwater was going to flow on site (surface flow), so we incorporated a rain garden into the new bus drop-off area. This kept the stormwater

treatment very close to its source, allowing us to maximize what little elevation we had to work with and reduce the cost of storm piping.

As challenging as the high groundwater was, we were actually able to use it to our advantage. Through negotiations with the City of Enumclaw, we modeled the existing site with higher stormwater runoff values than typical developments. Our design resulted in a smaller detention pond than if the site had 'normal' groundwater.

Q: Coughlin Porter Lundeen was also the structural engineer. What were some of the structural challenges?

Keith: Enumclaw proved to be a complicated project, with extraordinary coordination efforts and time spent designing the two-story, wood-framed classroom wings. Right off the bat, the district knew that they wanted to use wood, so our structural team took traditional serviceability requirements and integrated them with residential wood framing concepts. In other words, they took a framing system traditionally used for multifamily construction and applied it to a school, which is very unique.

Images: Benjamin Benschneider

ON THE CALENDAR

upcoming industry events, conferences and Seattle favorites.

CREATIVE MORNING'S UPCOMING VIRTUAL EVENTS AND FIELD TRIPS

Rotating Topics - [Event Info](#)

PACIFIC SCIENCE CENTER'S CURIOSITY AT HOME SERIES

Rotating Topics - [Virtual Series Info](#)

KINDNESS IN THE KITCHEN, A PAY-IT-FORWARD POP UP

Every Friday, Atrium Kitchen - [Series info](#)

EVENTBRITE "DO WELL" WEEK

Sept. 14-18 - [Virtual Series Info](#)

MERCY HOUSING NW POWER OF HOME VIRTUAL FUNDRAISING EVENT

Oct. 1 - [More Info](#)

AEC HACKATHON ONLINE V2

Oct. 5-25 - [Virtual Event Info](#)

AIA SEATTLE DIVERSITY ROUNDTABLE COMMITTEE MEETING

Oct. 6, First Tuesday of every month - [Event Info](#)

SEATTLE INTERACTIVE: DESIGN, UX/UI AND TECH CONFERENCE

Oct. 12-13, Virtual - [Event Info](#)

NAIOP COMMUNITY ENHANCEMENT FOOD DRIVE SUPPORTING FARMER FROG, BYRD BARR PLACE AND MARY'S PLACE

Oct. 17, Multiple Drop-Off Locations - [More Info](#)

BREW WITH THE ZOO

Oct. 22, Virtual - [Event Info](#)

MARY'S PLACE SHINE GALA

Oct. 23, Virtual - [Event Info](#)



Image: Benjamin Benschneider

Project Q+A: Enumclaw High School Modernization & Addition (cont.)

A non-orthogonal wood lateral system was utilized for the two independent classroom wings, called learning neighborhoods. Repetitive joist framing minimizes vibration and an acoustical mat overlaid with gypcrete on the second floor limits sound transference. Every truss was modeled to assist with MEP system routing and frequent clash detection checks lessened issues during construction.

The renovation also required meticulous placement of seismic joints and strengthening of existing masonry shear walls with concrete shear walls and complex struts to tie the structures together. Each integration point of the structure was different, requiring multiple solutions.

Q: Any final thoughts about this project?

Keith: It's crazy to compare the "before" photos with how beautiful the campus looks now. Although complicated, this was an extremely rewarding project and the design and construction teams hit it out of the park. A testament to our teamwork, the campus was completed ahead of schedule!

I think this is a project that we'll continuously look back on and be proud of. By bringing the entire student body into a unified building, we were able to help foster a sense of community that the district so badly yearned for, and what could be better than that?



Keith Kruger
P.E., LEED AP®, Assoc. DBIA
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Keith is at the forefront of our civil PreK-12 and higher education practices. Greatly respected in these markets, he partners with some of the region's largest clients. In the office, he's the go-to for complex stormwater system questions, and outside our walls, he's an industry leader in stormwater management. His expertise spans design and analysis of detention and water quality systems, green designs, multi-phased project plans, and holistic solutions for large campuses.

A COVID-19 BLOG SERIES: NAVIGATING THE PANDEMIC AT WORK, AT HOME AND IN SEATTLE

2020 will certainly be remembered as the year of COVID-19. As the world continues to navigate the coronavirus crisis, we published a series of COVID-specific blog posts with the goal of aiding our partners and peers. Like many, we're doing our best to stay safe, identify ways to give back to our community, adapt our business, and figure out how to best support our own families!

ARTICLE 1: GIVING BACK AMID COVID-19

Inspired by our corporate pillars of community and giving, the first article in the series focused on ways we can support those most in need. Because while the pandemic is certainly changing our routines and business practices, for many of our neighbors and community members, it's been life-changing.

You can expect to read action steps around **Getting the Basics Right** (making sure you're doing your part to stay safe and slow the spread), **Looking Local** (as small businesses struggle, support is more important and appreciated than ever), **Supporting Those in the Medical Field** (our healthcare workers continue to show up to work each day, adjusting to new protocols, fighting the spread of COVID-19, and facing the realities of the pandemic head-on), and **Answering Calls for Aid** (organizations have had to change the way they operate, the way they accept donations, and the way they keep their communities safe).

Read the original article [here](#).

ARTICLE 2: STAYING HOME AND STAYING HEALTHY WITH THE KIDS

This one was written for all our fellow parents! We assembled tips and resources around how to navigate Stay Home, Stay Healthy life as a family: everything from talking to your kids about coronavirus to finding success with at-home learning. Resources fall into three categories: Conversation Starters - Talking to Kids About Covid-19, Supporting + Encouraging Others as a Family, and Successful At-Home Learning.

Our wide-ranging list includes pen pal programs and house décor, as well as free academic resources and scavenger hunts. We hope you find something to try!

Read the original article [here](#).



ARTICLE 3: NAVIGATING THE CARES ACT AND RESOURCES FOR LEADERS AND MANAGERS

These are difficult times, and our community and industry face significant challenges. In response, we assembled resources to help our clients and partners understand the CARES Act (especially what it means for AEC), and lead their teams and businesses through these unprecedented times.

Additionally, we recommend the Harvard Business Review, which has made a number of their coronavirus articles free for all readers [here](#). Articles cover topics like managing staff and business remotely, building a reopening plan, and staying productive and healthy. We found the pieces to be well-written and the suggestions to be helpful as we navigate this new normal!

Read the original article [here](#).

From our team to you - we wish you and your loved ones well during this challenging time. Be well!

As we navigate the COVID-19 crisis, Coughlin Porter Lundeen continues to support project progress while taking precautions to keep our staff, partners, and community safe. Our team is working remotely, conducting business virtually, and following the "Stay Home - Stay Healthy" order. We continue to monitor the guidelines of the government and CDC.

FROM THE FIELD: MASS TIMBER UPDATE

Showcasing local mass timber projects, including the tallest timber building on the West Coast.



AKARI HOUSE

At 12 stories, Akari House was already destined to be the tallest mass timber building in Seattle — but the developer and project team had even loftier goals. With an additional six stories, Akari House is now slated to stand 18 stories tall, a first-of-its-kind structure in Seattle utilizing the newly-adopted mass timber code provisions.

Mass timber mid- and high-rise construction are now possible due to recent changes to the state building code, expanding the use of wood materials into new building types that previously would have been off-limits. (We wrote about these changes in [edition no. 5](#) and have [hosted presentations](#) regarding new code applications.) Akari House is designated Type IV-A, which allows wood construction up to 18 stories and 270 feet.

The 135-unit residential tower will utilize an all-timber gravity system with mass plywood panels and a concrete core. The project will incorporate design elements and materials that support its natural aesthetic complemented by lush landscaping and unparalleled views from its roof deck and coveted First Hill location.

Construction is expected to begin Fall 2020.

THE TEAM:

Owner: Pryde Coporation
 Architect: [Clark | Barnes](#)
 Structural Engineer: Coughlin Porter Lundeen
 General Contractor: [Swinterton Mass Timber](#)
 Mechanical & Electrical Engineer: [Glumac Inc.](#)



KELLOGG MIDDLE SCHOOL

The new Kellogg Middle School in Shoreline is the first project in the nation to use an acoustic dowel laminated timber (DLT) system for structure, finish and sound control.

Instilling a sense of environmental stewardship in students is essential to the school's design. The building will serve as an ecological learning tool as digital dashboards display real-time data on the amount of energy used and produced, water savings, and air quality monitoring.

The school evokes a warm and natural environment by exposing the DLT panels as well as the supporting glulam beams in the roof/ceilings of the entryway, commons, and library. The largest wood panels are nearly 40 feet long by 6.5 feet wide; prefabricated offsite by StructureCraft, they took just two weeks to erect. According to Mahlum, it's estimated that the total carbon sequestered in Kellogg's wood structure is equivalent to CO2 emissions from 32,500 gallons of gasoline. (That's like filling a 12-gallon car tank well over 2,600 times!) Read more about the project on Malum's [blog](#).

The new middle school is expected to open in Fall 2021.

THE TEAM:

Owner: Shoreline School District
 Architect: [Mahlum](#)
 Structural Engineer: Coughlin Porter Lundeen
 General Contractor: [Hoffman Construction Co.](#)
 Mechanical & Electrical Engineer: [Hargis](#)



LIVING STONE

Located in Fremont, this new five-story office building will rise to the City of Seattle's Living Building Challenge (LBC), a pilot program that allows departures from the Seattle Land Use Code by integrating advanced sustainability measures. (In other words, it allows more floor area and additional height in exchange for green design features.) LBC organizes the program into seven performance areas: Place, Water, Energy, Health and Happiness, Materials, Equity, and Beauty.

The design focuses on reducing energy use by at least 25% from that of a comparable mixed-use office building. Multiple structural options meticulously considered carbon sequestration, cost, and complex programming needs — ultimately deciding on a DLT mass timber system. The building qualifies for an additional 15 feet of height through integration of additional LBC sustainable design elements, including salvaged and locally sourced building materials, a 250,000-gallon rainwater cistern, rooftop beehives, and a 100-kilovolt-ampere solar panel array, for total building height of 60 feet.

Construction begins soon and is expected to be complete Spring 2022.

THE TEAM:

Owner: SRM Development
 Architect: [Weber Thompson](#)
 Structural Engineer: Coughlin Porter Lundeen
 General Contractor: [SRM Development](#)
 Mechanical & Electrical Engineer: [WSP Seattle](#)



Howarth Beach Dog Park
Mike Armstrong, Structural Project Manger & Mia, Snuggler Extraordinaire

Why I love it: There's nothing better than playing with your furry friend on the beach and watching them swim through the waves as they fetch the same stick over and over! Howarth Park is our favorite because it has an expansive off-leash beach that's never too crowded. There's lots of room for the dogs to run, and there are some fantastic views!

Getting to the beach is super easy too,. After parking, it's just a short (semi-steep!) hike through the woods, over the train tracks, and down a spiral staircase. This place is hard to beat for a good time with your dog!

Pro Tip: Running and fetching all day can be some serious work, so be sure to bring some water down to the beach for your worn-out pooch! And don't forget a towel or blanket for the ride home – the dog will be a mess by the time you climb back up to the top, trust me!

[More Info](#)



Westcrest Off-Leash Dog Park
Sheri Stark, Civil Technician & Oni, Tennis Ball Connoisseur

Why I love it: Westcrest Off-Leash Park offers great walking trails and several large open areas with plenty of room for a “chuck-it” launching tennis ball round of fetch. Tennis ball = happy Oni. For more exploring, there are lots of wooded trails, grassy open play areas (on leash), beach access and amazing views. We enjoy a day walking around Lincoln Park the most.

Pro Tip: Get there early to miss the crowds in the summer and find easy parking. I recommend the small parking lot at the north end of the park for direct access to the off-leash entry! Also be sure to check out the local Rockin' Robin Espresso stand for drinks and a few treats before making your way into the park!

[More Info](#)



Grandview Off-Leash Dog Park
Rob Gonia, Civil Engineer & Trixie, Professional Spotter

Why I love it: Easily accessible and just minutes off I-5 in SeaTac, Grandview is a sizeable off-leash dog park with plenty of grassy and sandy open space for your dog to run and play. There's even an agility course if you want to test your pup's ability to follow your commands and navigate obstacles!

With plenty of asphalt and gravel paths it's also really easy to get a solid walk or run in while your dog explores. Water stations are located on both the upper and lower plateau so there's no need to carry water. Just be sure to bring a collapsible bowl to fill if your dog doesn't feel like sharing. Be prepared for the breathtaking views of Mount Rainer on a particularly clear day!

Pro Tip: Get there early if you plan to go over the weekend. Parking can fill up quickly, especially during the summer months or on sunny days. Trixie also emphasizes the importance of getting solid rest after a period of extended exercise!

[More Info](#)



Brewery Hopping in Ballard
Shauna Kean, Structural Project Engineer & Unagi, Doga Master

Why I love it: Ballard breweries are very dog friendly! And visiting them is a great excuse to get outside, take the dog for a long walk around beautiful Ballard, and drink some great beer.

My preferred route: Start at Reuben's Brews for the best beer, then head over to Peddlers for some outdoor time, followed by Lagunitas for board games and free peanuts, and finish off at Ballard Beer Co. to grab some beers to-go before heading home.

Pro Tip: Even better with friends! Bonus points if they bring their dog, too.

[More Info](#)

dog-friendly routes

In each edition of The Connection, we crowdsource recommendations from our team, featuring Pacific Northwest favorites, everything from hikes and holiday happenings to road trip destinations and restaurants. This edition, we're highlighting our favorite dog-friendly walking routes (and our favorite furry friends!).



ABOUT THE CONNECTION

Published by Coughlin Porter Lundeen, The Connection is a biannual collection of the firm's news, perspective, and commentary on AEC industry topics. All content is curated and written in-house.

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ABOUT COUGHLIN PORTER LUNDEEN

Coughlin Porter Lundeen is a civil and structural engineering firm. Focused in the Pacific Northwest, we partner with clients across markets to bring unique project visions to life. We were founded with the goal of exceeding the standards and services provided by engineering firms, and today, more than twenty-five years later, that vision continues to guide all that we do.
