



# SEATTLE MARATHON

**LEGEND**

- Half Marathon Course Route
- Full Marathon Course Route
- Half Marathon Mile Markers
- Full Marathon Mile Markers
- City Street
- Water Stations
- MEDICAL SERVICES PROVIDED BY: University of Washington MEDICAL CENTER UW Medicine

## Full Marathon Course Narrative

Start at 5th Ave. & Harrison St. near the Seattle Center • South on 5th Ave. to the I-90 Express Lanes Entrance • East on the I-90 Express Lanes across the floating bridge to the turn-around point on Mercer Island • West on I-90 Express Lanes to the East end of the Mt Baker Tunnel • Leave the I-90 Express Lanes at the access road on the East end of the Mt. Baker Tunnel • South on 36th Ave. S. to Lakeside Ave. S • South on Lakeside Ave. S. which becomes Lake Washington Blvd. S. to entrance to Seward Park • Continue counter-clockwise around the outer periphery of Seward Park and exit onto Lake Washington Blvd. S. • Continue North to Lakeside Ave. S. • North on Lakeside Ave. S. which becomes Lake Washington Blvd. E. at Leschi Park • Continue North on Lake Washington Blvd. E. to McGilvra Blvd. E. • North on McGilvra Blvd. E. to E. Galer St. • West on E. Galer St. to E. Madison St. • SW on E. Madison St. to Lake Washington Blvd. E. • North on Lake Washington Blvd. E. past the Japanese Garden to E. Interlaken Blvd. • West on E. Interlaken Blvd. across 24th Ave East to pedestrian trail at 21st Ave. E. • West on trail to its end at E. Interlaken Blvd & 19th Ave. E. • Continue West on E. Interlaken Blvd. to Delmar Dr. E. • West on Delmar Dr. E. which becomes E. Roanoke St. at 11th Ave E. • West on E. Roanoke St. to Boylston Ave. E. • South on Boylston Ave. E. which curves under I-5 and becomes Lakeview Blvd. E. • Continue South on Lakeview Blvd. E. to Belmont Ave. E. • West on Belmont Ave. E. across I-5 and down the ramp to Eastlake Ave. E. • South on Eastlake Ave. E. to Republican St. • West on Republican St. to Dexter Ave. N. • North on Dexter Ave. N. to Mercer St. • West on Mercer St. to 4th Ave N. • South on 4th Ave. to the Northeast field-level entrance of Memorial Stadium.

## Half Marathon Course Narrative

Start at 5th Ave. & Harrison St. near the Seattle Center • South on 5th Ave. to the I-90 Express Lanes entrance • East on the I-90 Express Lanes to the East end of Mt. Baker Tunnel • Leave the I-90 Express Lanes at the access road at East end of Mt. Baker Tunnel • East on S. Day St. to Lakeside Ave. S. • North on Lakeside Ave. S. which becomes Lake Washington Blvd. E. at Leschi Park • Continue North on Lake Washington Blvd. E. to McGilvra Blvd. E. • North on McGilvra Blvd. E. to E. Galer St. • West on E. Galer St. to E. Madison St. • SW on E. Madison St. to Lake Washington Blvd. E. • North on Lake Washington Blvd. E. past the Japanese Garden to E. Interlaken Blvd. • West on E. Interlaken Blvd. across 24th Ave E. to a pedestrian trail at 21st Ave. E. • West on the trail to its end at E. Interlaken Blvd. & 19th Ave. E. • Continue West on E. Interlaken Blvd. to Delmar Dr. E. • West on Delmar Dr. E. which becomes E. Roanoke St. at 11th Ave. E. • West on E. Roanoke St. to Boylston Ave. E. • South on Boylston Ave. E. which curves under I-5 and becomes Lakeview Blvd. E. • Continue South on Lakeview Blvd. E. to Belmont Ave. E. • West on Belmont Ave. E. across I-5 and down the ramp to Eastlake Ave. E. • South on Eastlake Ave. E. to Republican St. • West on Republican St. to Dexter Ave. N. • North on Dexter Ave. N. to Mercer St. • West on Mercer St. to 4th Ave. N. • South on 4th Ave. N. to the Northeast field-level entrance of Memorial Stadium.



## Course Elevation



The Course elevation is moderately hilly starting at approximately 100ft, dipping at the low to 40ft, and topping out at the 200ft level

UW Medicine



## Seattle Marathon Course Records

Marathon (M)	Robert Greer (1983)	2:17:25
Marathon (F)	Isabelle Dittberner (1989)	2:41:04
Half Marathon (M)	David Mora (1994)	1:05:37
Half Marathon (F)	Lisa Weidenback (1983)	1:10:08