

**Seattle Marathon's Summer
5K/10K/Half Marathon & Kids Fun Run
Saturday June 22nd 2024**

REVISED 5/31/24

MEDICAL STATION 1 ASSIGNMENT

Aid Station #: 1

Water Station(s) #:

Report By: 6:45 AM

Race Date: Saturday, June 22, 2024

Start Times: Half - 7:00am

5K - 8:30am

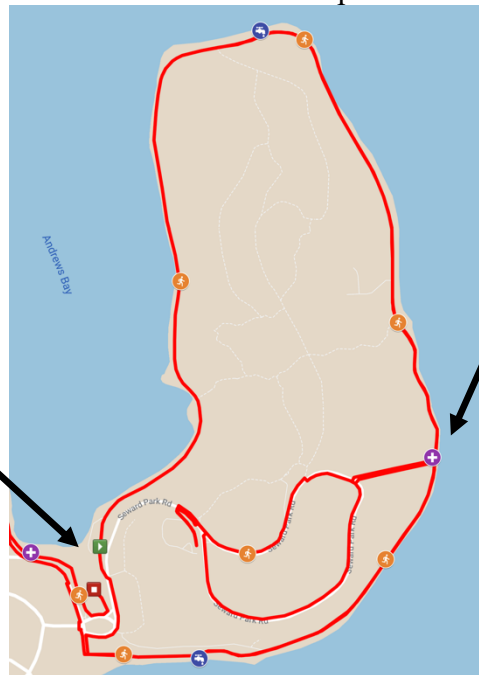
10K - 9:30am

**** IMPORTANT **** Please stay on duty until relieved or the ATV behind the last runner/walker passes

Location: Seward Park – Shore Loop Road



Start line by
Clay Studio



Medical Station 1 is located on the Shore Loop Rd trail, on the north corner of Seward Park Rd, where runners turn up the hill.

ESTIMATED TIME OF ARRIVAL

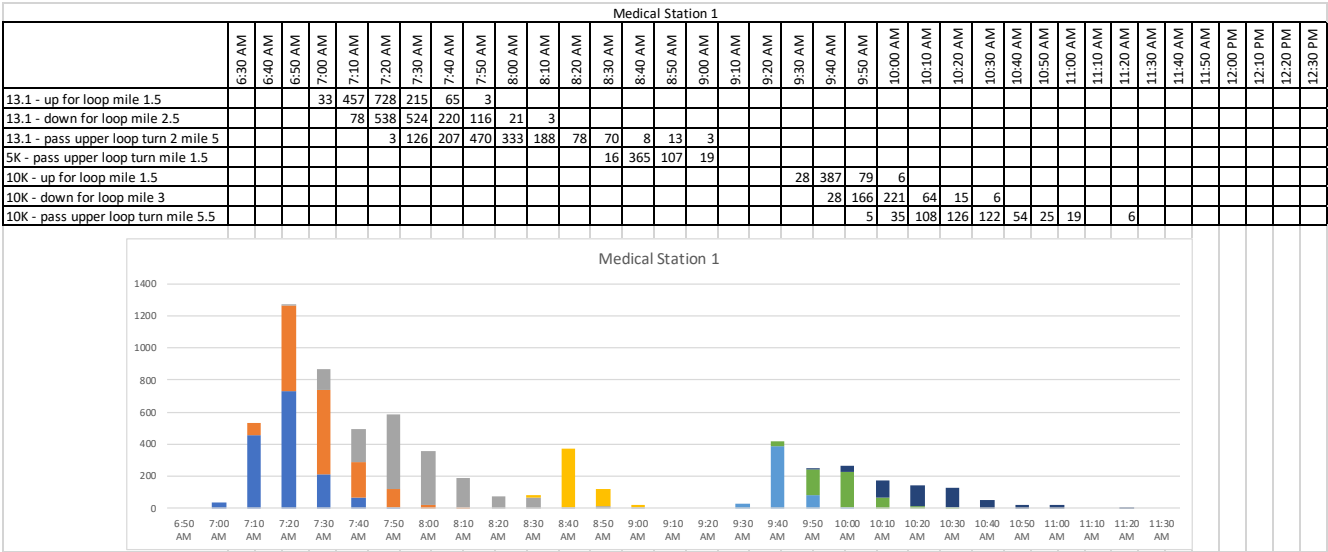
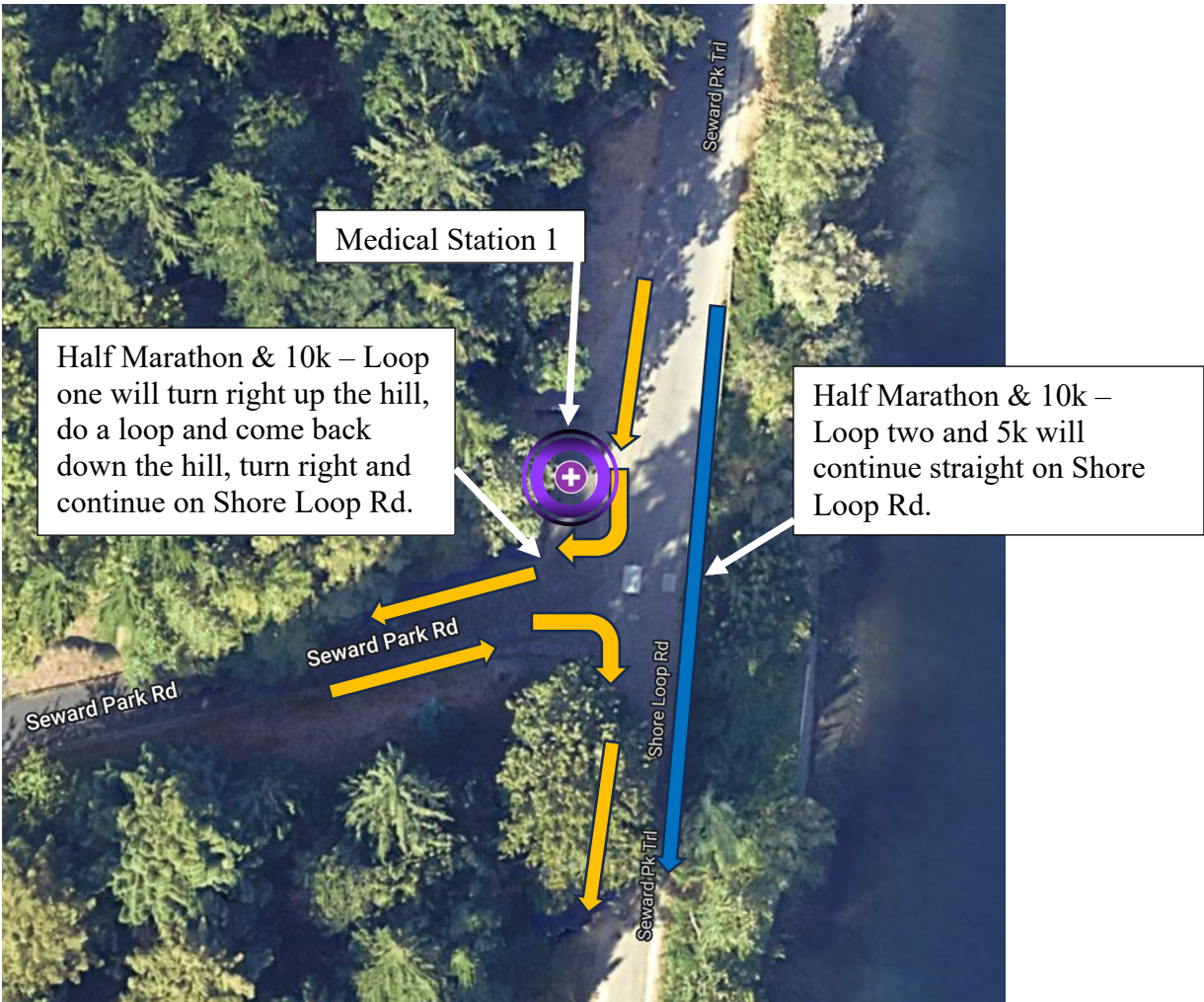
	Half Marathon Loop One	Half Marathon Loop Two
First Runner	7:08am	7:27am
Last Walker	8:10am	9:00am
ESTIMATED TIME OF ARRIVAL		
	5 K Loop One	5 K Loop Two
First Runner	8:35am	NA
Last Walker	9:00am	NA
ESTIMATED TIME OF ARRIVAL		
	10 K Loop One	10 K Loop Two
First Runner	9:35am	9:55am
Last Walker	10:30am	11:20pm

ESTIMATED MILEAGE

	Half Marathon Loop One	Half Marathon Loop Two
This station at	1.5	5
ESTIMATED MILEAGE		
	5 K Loop One	5 K Loop Two
This station at	1.5	NA
ESTIMATED MILEAGE		
	10 K Loop One	10 K Loop Two
This station at	1.5	5

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Medical Station 1 Supplies

- 1 UW Medicine Tent
- 2 chairs
- Red cooler full of ice
- 1 Trash Box
- 1 Med Station A Board
- 10 cases of water
- Small med station tote
 - Zip lock bags
 - Trash bags
 - Nuun tablets
 - Chocolates
 - Cracker packs

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MEDICAL STATION 2 ASSIGNMENT

Aid Station #: 2

Water Station(s) #:

Report By: 6:45 AM

Race Date: Saturday, June 22, 2024

Start Times: Half - 7:00am

5K - 8:30am

10K - 9:30am

**** IMPORTANT **** Please stay on duty until relieved or the ATV behind the last runner/walker passes

Location: Seward Park – Shore Loop Road and Lake WA Blvd parking lot



Medical Station 2 is located at the corner of Lake WA Blvd and S Orcas St on the water side.



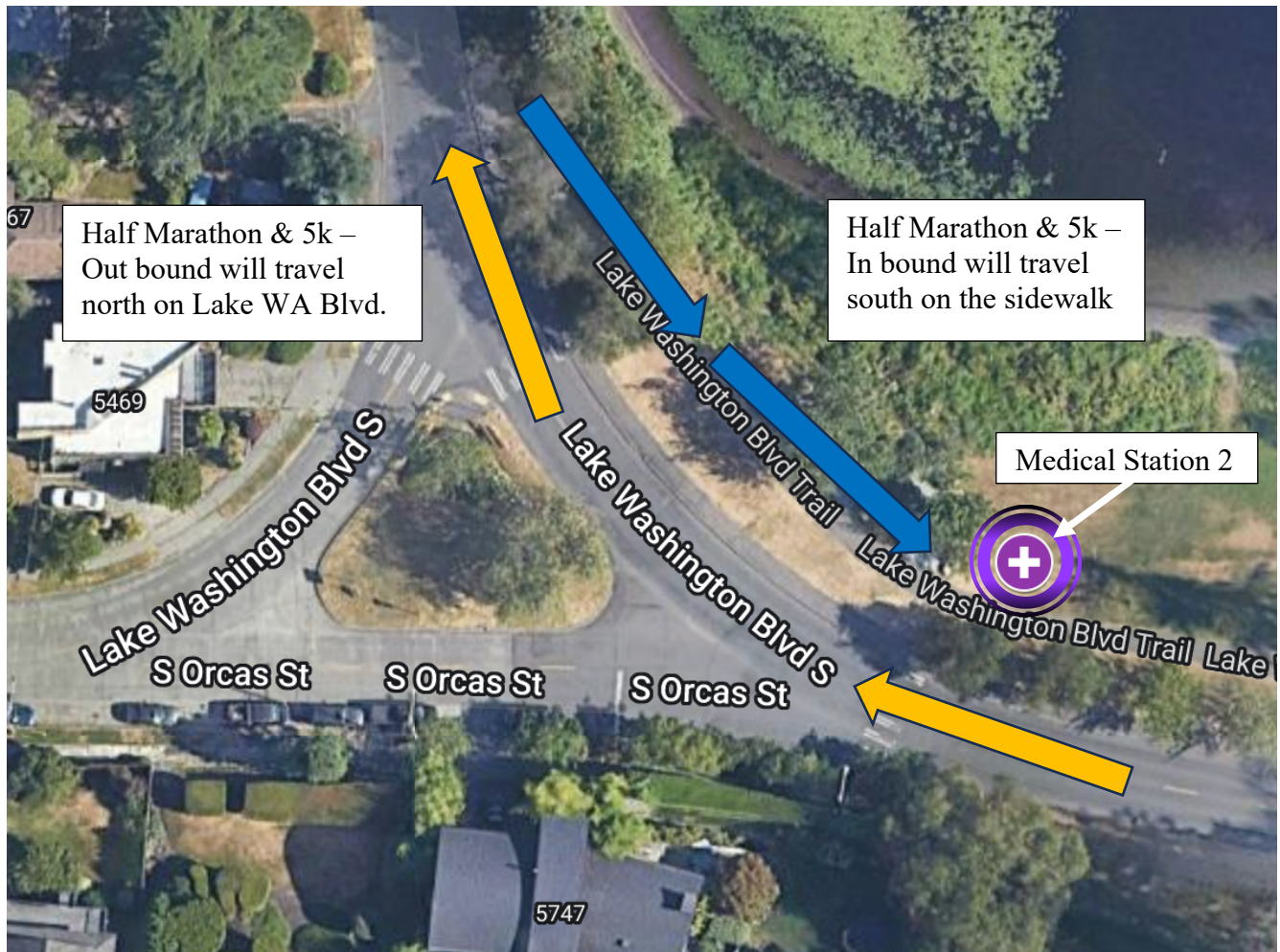
Start line by Clay Studio

ESTIMATED TIME OF ARRIVAL		
	Half Marathon Out Bound	Half Marathon In Bound
First Runner	7:30am	8:10am
Last Walker	9:20am	11:40am
ESTIMATED TIME OF ARRIVAL		
	5 K Out Bound	5 K In Bound
First Runner	8:40am	8:40am
Last Walker	9:20am	9:30am
ESTIMATED TIME OF ARRIVAL		
	10 K Loop One	10 K Loop Two
First Runner	NA	NA
Last Walker		

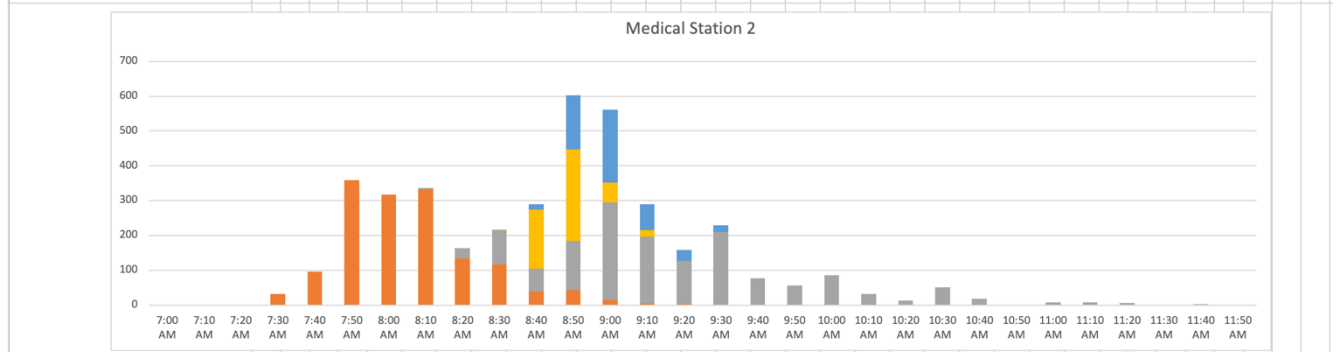
ESTIMATED MILEAGE		
	Half Marathon Out Bound	Half Marathon In Bound
This station at	6	13
ESTIMATED MILEAGE		
	5 K Loop One	5 K Loop Two
This station at	2.5	3
ESTIMATED MILEAGE		
	10 K Loop One	10 K Loop Two
This station at	NA	NA

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	6:30 AM	6:40 AM	6:50 AM	7:00 AM	7:10 AM	7:20 AM	7:30 AM	7:40 AM	7:50 AM	8:00 AM	8:10 AM	8:20 AM	8:30 AM	8:40 AM	8:50 AM	9:00 AM	9:10 AM	9:20 AM	9:30 AM	9:40 AM	9:50 AM	10:00 AM	10:10 AM	10:20 AM	10:30 AM	10:40 AM	10:50 AM	11:00 AM	11:10 AM	11:20 AM	11:30 AM	11:40 AM	11:50 AM
13.1 - out bound LWB mile 6							32	97	360	317	333	134	118	40	43	16	5	3															
13.1 - in bound on LWB mile 13											3	30	97	65	142	280	191	124	210	78	56	86	32	13	51	19		8	8	6		3	
5K - out bound mile 2.5													1	169	262	56	19																
5K - in bound to finish mile 3														16	155	210	75	32	19														



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Medical Station 1 Supplies

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- 1 Med Station A Board
- 5 cases of water
- Small med station tote
 - Zip lock bags
 - Trash bags
 - Nuun tablets
 - Chocolates
 - Cracker packs

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MEDICAL STATION 3 ASSIGNMENT

Aid Station #: 3

Water Station(s) #:

Report By: 7:10 AM

Race Date: Saturday, June 22, 2024

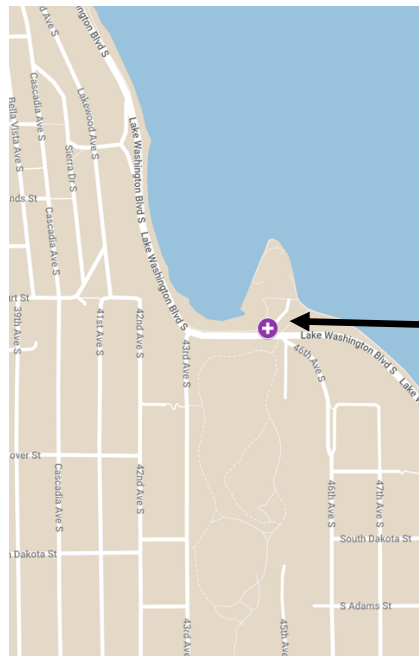
Start Times: Half - 7:00am

5K - 8:30am

10K - 9:30am

**** IMPORTANT **** Please stay on duty until relieved or the ATV behind the last runner/walker passes

Location: Lake WA Blvd and 49th Ave S



Medical Station 3 is located along Lake Washington Blvd and the entrance to Stan Sayres Memorial Park Boat Launch on the north side of the street.

ESTIMATED TIME OF ARRIVAL		
	Half Marathon Out bound	Half Marathon In bound
First Runner	7:45am	8:00am
Last Walker	10:20am	11:00am
ESTIMATED TIME OF ARRIVAL		
	5 K Out Bound	5 K In Bound
First Runner	NA	NA
Last Walker	NA	NA
ESTIMATED TIME OF ARRIVAL		
	10 K Loop One	10 K Loop Two
First Runner	NA	NA
Last Walker	NA	NA

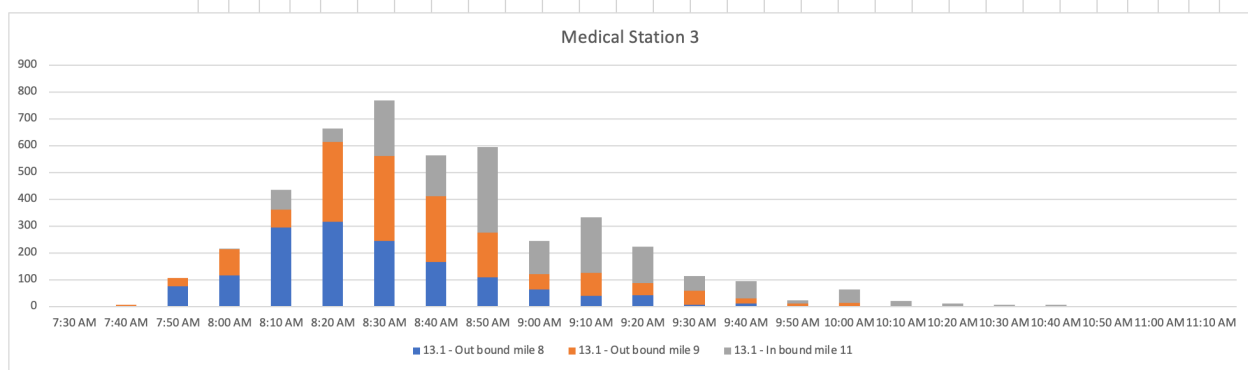
ESTIMATED MILEAGE		
	Half Marathon Out Bound	Half Marathon In Bound
This station at	8	11
ESTIMATED MILEAGE		
	5 K Out Bound	5 K In Bound
This station at	NA	NA
ESTIMATED MILEAGE		
	10 K Loop One	10 K Loop Two
This station at	NA	NA

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13.1 - Out bound mile 8								3	76	116	296	317	245	167	110	65	40	43	8	11	3	3									
13.1 - Out bound mile 9								3	30	97	65	296	317	245	167	56	86	46	51	19	8	11	3	3							
13.1 - In bound mile 11										3	75	51	207	153	317	124	207	134	54	65	13	51	19	8	8	6	3				



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5K



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