

ANNOUNCER SCRIPT

Seattle Marathon Summer 5k, 10k, Half Marathon, & Kids Fun Run

Saturday, June 22nd 2024

6am-12pm

Seward Park, Seattle

EVENT SCHEDULE

5:30am-6:30am Vendor Load In

6:00am Day-of race registration and packet pickup open

6:45am Vendor booths open

7:00am Half Marathon starts

8:15 First half marathon runners expected

8:30am 5k starts

8:45am First 5k runners expected

9:30am 10K starts

10:15am First 10K runners expected

10:45am Kids Fun Run starts

12:00pm Event closes

ANNOUNCEMENTS

6:00am	Announcer arrives. Day of race registration and packet pickup are open.
6:00am	Announcements: <ul style="list-style-type: none">• Welcome participants.• Direct to registration, packet pickup and volunteer check in.• Highlight event schedule.• Highlight sponsors & charity partners• The Half Marathon starts at 7am.

6:45am

Announcements:

- Half Marathon race will begin in 15 minutes.
- Vendor booths are open. Feel free to take time now to visit the vendors. They'll also be available after the race.
- We'd like to thank our sponsor UW Medicine for their ongoing support of all of Seattle Marathon Association's events.

At UW Medicine, our dedicated team of orthopedic and sports medicine specialists provides expert care designed to enhance performance and recovery. We treat a wide range of sports-related injuries, from acute cases such as ankle sprains or muscle strains, to chronic or overuse injuries like stress fractures and tennis elbow.

With an international reputation for their expertise and groundbreaking research, our doctors offer a personalized, coordinated and efficient approach to care. We cater to a diverse clientele, including recreational enthusiasts, professional, collegiate, Olympic and Paralympic athletes.

- Half Marathon Participants please make your way to the start line we will be starting shortly.
- After the race we ask that our top three male, female, and non-binary finishers stay near the finish line to claim their prize and pose for a picture

	<ul style="list-style-type: none"> We'd like to thank our official finish line water sponsor Talking Rain <p>"An iconic brand in the Seattle-area for more than 30 years, Talking Rain is a Washington-based beverage company situated in the foothills of the Cascade Mountains. This innovative company is outselling global brands in flavor-categories across the U.S., while beginning to find success internationally with the brand's bold-flavored, lightly carbonated sparkling water."</p> <p>Please line up next to your pace group, we will be starting the Half Marathon in waves. Thank you to Seattle Green Lake Running Group for pacing the Half Marathon.</p>
6:55am	<p>Announcements: Will be beginning shortly.</p> <ul style="list-style-type: none"> Please line up with your pace group
7:00am	<p>Louise will give the ok.</p> <p>Wave 1 starts</p> <p>Wave 2 starts</p> <p>Wave 3 starts</p> <p>10 waves total</p>
7:15am	<p>Announcements:</p>

	<ul style="list-style-type: none"> • The Half Marathon race is underway! We should be seeing our fastest runners in about an hour. • Take some time to visit with our vendors and sponsors at the booths. • If you're feeling inspired by all great runner energy, visit the Seattle Marathon booth to learn more about their races and signup for the UW Medicine Seattle Marathon Thanksgiving weekend.
7:45am	<p>Announcements:</p> <ul style="list-style-type: none"> • Highlight event schedule, sponsors, vendors, charity partners ect
8:15am	<p>Announcements:</p> <ul style="list-style-type: none"> • We should start to see the first of the half marathon runners coming in the next 5 minutes. Pick up a cow bell at the Seattle Marathon booth and get ready to welcome them to the finish line. <p><i>Announce finishers and bib numbers where possible as they come in: 1st male, 2nd male, 1st female finisher, etc.</i></p>
8:20am	<p>Announcements:</p> <ul style="list-style-type: none"> • The 5k race will be beginning shortly please make your way to the start line • Friendly reminder that runners with strollers need to stay in back of the pack • We ask that our top three male, female, and non binary finishers stay near the finish line to claim their prize and pose for a picture

8:30am	5k race starts
8:40	<p>Announcements:</p> <p>The first 5K runners should be coming in, in a few minutes, get ready to welcome them!</p> <p><i>Announce 5K finishers and bib numbers where possible as they come in: 1st male, 2nd male, 1st female finisher, etc.</i></p>
9:00am	<p>Announcements:</p> <ul style="list-style-type: none"> ● Highlight event schedule, sponsors, vendors, charity partners ect ● The 10K will be starting at 9:30am
9:30am	10K starts
9:40am	<p>Announcements:</p> <ul style="list-style-type: none"> ● The 10K is now underway! We should see those first 10K runners around 10:15 ● A very special thanks to our volunteers. There are close to 100 volunteers out here today making this event run smoothly. Some got here as early as 5am and some will stay until the bitter end. Volunteering is a great way to support the Seattle Marathon and we are so grateful to have such an amazing community supporting us. ● Highlight vendors, sponsors ect ● Continue to call in runners as they come in
10:00am	<p>Announcements:</p> <p>You've probably noticed we have an amazing selection of snacks and beverages in the victory recovery area today. A</p>

	big thank you to Vida Mate, Beechers Cheese, Ocho Candy, Partners Crackers, Nuun, Talking Rain, Alani Nu, and Prime, for their very generous donations!
10:15am	<p>Announcements: We should start seeing the 10K runners anytime now</p> <p><i>Announce 10K finishers and bib numbers where possible as they come in: 1st male, 2nd male, 1st female finisher, etc.</i></p>
10:30am	<p>Announcements:</p> <ul style="list-style-type: none"> • The Kids Fun Run will be starting shortly at 10:45am
10:45am	Kids Fun Run starts
10:50am	<p>Announcements:</p> <ul style="list-style-type: none"> • <i>Call out and congratulate Kids Fun Run finishers as they trickle in.</i> • Congratulations to all our runners. Thanks to all our volunteers, sponsors, and vendors. • We still have a few participants pounding the pavement out on our course. • Booths in our victory recovery area are open until 12pm. Make sure you talk to them and learn more about the programs and services they offer. • <i>Where possible, continue to congratulate and call out bib numbers of finishers as they trickle in.</i>
11:00am	<p>Announcements:</p> <ul style="list-style-type: none"> • Call out and congratulate runners as they continue to come in • Highlight vendors, charity partners, sponsors ect

12:00pm	<p>Final Announcements:</p> <p>One more big congratulations to all our hero runners. Another big thank you to our sponsors, vendors, and volunteers.</p> <p>We'll see you on December 1st for the UW Medicine Seattle Marathon and Half Marathon, don't forget to head over to the Seattle Marathon booth to sign up today while they're still offering a special deal. See you Thanksgiving weekend!</p>

Vendors

Mad Ritual

Sore from Life? You need Mad Ritual!

Get your race day must-haves and enjoy special pricing on Mad Ritual's organic CBD pain relief topicals. Use the relief rubs to help alleviate pain before, during and after the race, and the bath bombs for full-body recovery. Being sore sucks, but Mad Ritual can help!

Sweet Green

Sweetgreen is on a mission to build healthier communities by connecting people to real food. Now open in Totem Lake and SLU - serving fully customizable salads, bowls, and warm protein plates.

Wrax

Wrax is a pioneering company dedicated to revolutionizing the sports bra industry. Founded with a mission to empower active women, Wrax offers innovative sports bras designed to eliminate bouncing during workouts, providing unparalleled comfort and support. With a focus on quality, performance, and female empowerment, Wrax is leading the charge in redefining athletic wear for women everywhere.

Run For Good Racing

Run For Good's mission is to provide fun, accessible and unique running and walking events in the Pacific Northwest Region with an emphasis on charitable giving.

Advocare

Come visit the AdvoCare booth to try Rehydrate Electrolytes and Spark Amino Acid Energy Drinks. AdvoCare offers a superior electrolyte drink that redefines Rehydration. Rehydrate helps replace minerals and electrolytes lost through sweat and supports recovery after a workout or run using vitamins, minerals, carbohydrates, and a blend of important electrolytes. AdvoCare Spark® delivers energy and enhanced mental focus with 20 vitamins, minerals and nutrients. Spark will give you 3-5 hours of smooth, focused energy with no crash! Get ready for your best run yet with AdvoCare!

Congo Brands

Congo Brands is a full-service product development hub, creating innovative brands from conception to reality—in a bold, dynamic, extraordinary way. In partnership with influential creators and entrepreneurs, we've created some of the most cutting-edge consumer packaged goods (CPG) brands on the market including Alani Nutrition and PRIME. Made up of thought leaders, tastemakers, and trendsetters,

we're pioneering industry methodology, one disruptive product at a time.

Seattle Gummy Company

Our Mocca shot gummies help focus during workout and during a race, Power up boost before or during workout with needed vitamins, hydrafuel keep you hydrated during work out with electrolyte and Recover helps with fast recovery on muscle pain.

Finish Line Food

Vida Mate

VIDA MATÉ is a low-calorie yerba maté beverage with 160mg of clean caffeine per can. Marrying the traditional South American super beverage with the Pacific Northwest's love of artisanal quality, VIDA MATÉ is thoughtfully crafted right here in Washington using real fruit juices and a proprietary blend of adaptogens that create a revitalizing, delicious alternative to short-lived, sugary coffee shots and artificially flavored caffeine drinks.

Partners Crackers

PARTNERS is a second-generation family-owned bakery based in the Pacific Northwest. Since 1992, we've been making real food from scratch with integrity and responsibility. We carefully craft high-quality crackers, cookies, and other baked goods using real honest ingredients. We use recipes from kitchens, not formulas from factories, and create our signature taste and crisp texture through close attention to detail, ingredient choices, and our proprietary slow-baking method.

Charity Partners

Backpack Brigade

Backpack Brigade is a nonprofit that feeds homeless children over the weekend. There are 42,000 homeless students in Washington State, many of whom eat only at school with the free breakfast and lunch program. Backpack Brigade helps bridge the gap from Friday lunch to Monday breakfast by providing a weekend hunger bag that includes breakfast, lunch, dinner, and snacks for children to feed themselves. To find out more and learn how you can support Backpack Brigade on their mission, visit their booth.

Team Survivor

Team Survivor Northwest is a Seattle-area nonprofit that seeks to empower women who have had a cancer diagnosis to thrive through fitness, education, and community! Team Survivor offers a wide range of classes and programs - at no cost to its members - including Dragon Boating, hiking, Mountain Climbing, triathlon training, cycling, yoga, pilates, and more! Women come for the health benefits but stay for decades because of the powerful community of survivors. Team Survivor's programs are not only a means to recovery, they bring the meaning TO recovery.

Food

Café Calaveras

Café Calaveras is a colorful popup coffee shop that serves quality coffee beverages and coffee products, all curated with a latinx twist.

With each cafecito we serve, we aim to foster a sense of belonging in the Mexican diaspora of the city. Everything we represent is rooted in our Hispanic pride, representing the Latinx and BIPOC communities of Seattle. We are largely inspired by the ancient Mexican celebration Dia

de los Muertos where borders between the spirit world and our own dissolve and souls of the dead are awakened to feast, drink, dance, and connect with their loved ones. Similarly, Café Calaveras aims to dissolve borders within our vibrant cultural communities by connecting over a rich cup of coffee that awakens your soul.

Momos Kebabs

Momos Kebabs serves Mediterranean food all made from scratch with options for all dietary restrictions – gluten-free, vegan, vegetarian. Voted Gold for the Best Mediterranean Restaurant and Silver for the Best Food Truck in the Best of the PNW 2023 competition hosted by the Seattle Times.

Seattle Marathon

Stop by the Seattle Marathon tent, meet the ambassadors, and get a discount code for the UW Medicine Full & Half Marathon on Sunday, December 1st. While you're there, take advantage of their SUPER early bird pricing for next year's summer event!

Pacers

The Seattle Green Lake Running Group is proudly entering into its 11th year as the official pace group of the Seattle Marathon. They are a free running group that has group runs every day of the week! They would love to share some miles with you, find their event calendar at rungreenlake.com.

Sponsors

UW MEDICINE

TITLE SPONSOR OF THE SEATTLE MARATHON AND HALF MARATHON

UW Medicine is an integrated clinical, research and learning health system with a single mission to improve the health of the public. Its faculty, staff, students and trainees are dedicated to delivering high-quality patient care and making important discoveries that lead to new approaches for the diagnosis, treatment and prevention of human disease.

UW Medicine is home to one of the world's largest and most comprehensive medical research programs as well as innovative learning programs for students, trainees and practitioners. As the only health system in Washington, Wyoming, Alaska, Montana and Idaho that connects research, education and patient care, UW Medicine provides a higher degree of healthcare, ranging from primary and preventive care to the most specialized care for complex medical conditions.

UW Medicine includes Airlift Northwest, Fred Hutchinson Cancer Center, Harborview Medical Center, University of Washington Medical Center—Montlake, University of Washington Medical Center – Northwest, UW Medicine Primary Care, UW Physicians, UW School of Medicine and Valley Medical Center. UW Medicine shares in the ownership of Children's University Medical Group with Seattle Children's.

UW MEDICINE ORTHOPEDICS AND SPORTS MEDICINE

OFFICIAL MEDICAL COVERAGE SPONSOR OF THE SEATTLE MARATHON
FAMILY OF EVENTS

At UW Medicine, our dedicated team of orthopedic and sports medicine specialists provides expert care designed to enhance performance and recovery. We treat a wide range of sports-related injuries, from acute

cases such as ankle sprains or muscle strains, to chronic or overuse injuries like stress fractures and tennis elbow.

With an international reputation for their expertise and groundbreaking research, our doctors offer a personalized, coordinated and efficient approach to care. We cater to a diverse clientele, including recreational enthusiasts, professional, collegiate, Olympic and Paralympic athletes.

Our treatment plans are tailored to each individual's needs and can include nonsurgical interventions, state-of-the-art surgical treatments or a combination of both.

Located in the iconic Husky Stadium, our Sports Medicine Center is complemented by a network of facilities conveniently situated across the Puget Sound region.

Talking Rain

Talking Rain is a Washington-based beverage company that has been an industry leader in the beverage space for 36 years. The company's portfolio of brands includes the bestselling sparkling water, Sparkling Ice[®], Sparkling Ice[®] +Caffeine, Sparkling Ice Spiked[®], Sparkling Ice Spiked[®] Cocktails, Talking Rain AQA[®] and Sparkling Ice Superfruit, all of which offer better-for-you beverage options in a variety of flavors. With a commitment to developing best-in-class brands and driving meaningful community engagement, Talking Rain is creating connections with every sip.

Nuun

Nuun (pronounced noon) is the Official Hydration Sponsor of Seattle Marathon's Summer Events. They are dedicated to keeping you as hydrated as humanly possible, and you'll find their products along the course at each aid station and at the finish line. Stay Hydrated!

MARATHONFOTO

Smile! MarathonFoto will be there to photograph your accomplishments on race day. Be sure to have your bib visible, and keep an eye out for our photographers

KOMO

OFFICIAL MEDIA SPONSOR OF THE UW MEDICINE SEATTLE MARATHON AND HALF MARATHON

KOMO 4 TV is a local news station in Seattle, Washington, covering topics such as crime, politics, entertainment, sports and weather. Watch live or catch up on the latest stories from the Seattle area and beyond.

Volunteers

- A very special thanks to our volunteers. There are close to 100 volunteers out here today making this event run smoothly. Some got here as early as 5am and some will stay until the bitter end. Volunteering is a great way to support the Seattle Marathon and we are so grateful to have such an amazing community supporting us.
- Volunteers are needed for the UW Medicine Full & Half Marathon on Thanksgiving Weekend. Head to Seattlemarathon.org to register as a volunteer