

## 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 the 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 45th 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

Elliott Bay

Memorial Stadium

Lake Union

Lake Washington

Mercer Is. Turnaround



TO BENEFIT:  
UW MEDICAL CENTER  
PATIENT & FAMILY  
HOUSING FUND

## 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

**LEGEND**

- Half Marathon Course Route
- Full Marathon Course Route
- Half Marathon Mile Markers
- Full Marathon Mile Markers
- Water Stations