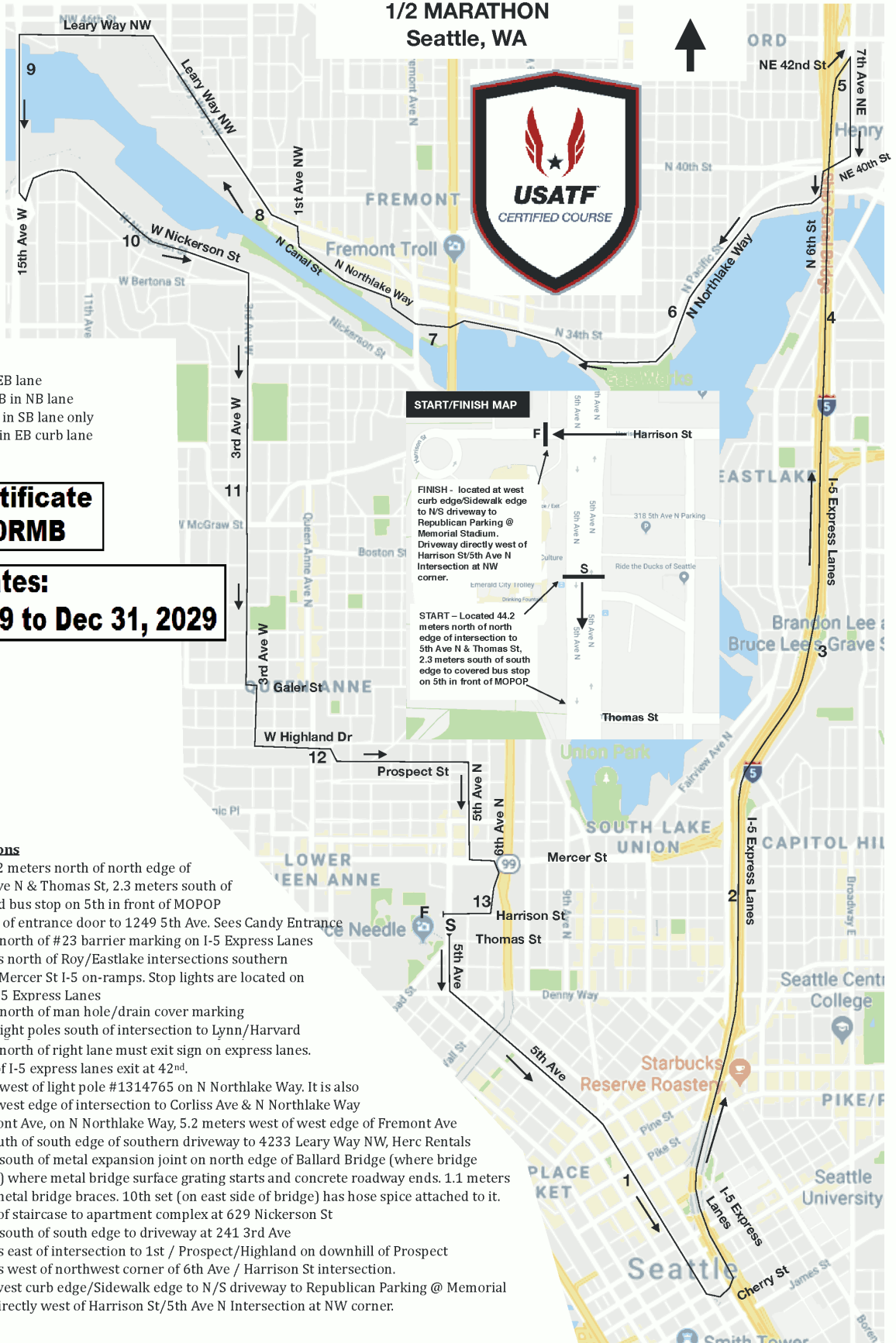


**ROCK N ROLL SEATTLE  
1/2 MARATHON  
Seattle, WA**



**Road Restrictions**

- Leary - Runners WB in EB lane
- 15th Ave W - Runners SB in NB lane
- 3rd Ave W - Runners SB in SB lane only
- Mercer St - Runners EB in EB curb lane

**USATF Certificate  
WA19010RMB**

**Effective Dates:  
May 10, 2019 to Dec 31, 2029**

**Mile Marker Locations**

- START - Located 44.2 meters north of north edge of intersection to 5th Ave N & Thomas St, 2.3 meters south of south edge to covered bus stop on 5th in front of MOPOP
- Mile 1 - 12.1m north of entrance door to 1249 5th Ave. Sees Candy Entrance
- Mile 2 - 49.2 meters north of #23 barrier marking on I-5 Express Lanes
- Mile 3 - 155.4 meters north of Roy/Eastlake intersections southern stop light above the Mercer St I-5 on-ramps. Stop lights are located on surface streets, not I-5 Express Lanes
- Mile 4 - 87.9 meters north of man hole/drain cover marking C320980 which is 2 light poles south of intersection to Lynn/Harvard
- Mile 5 - 57.3 meters north of right lane must exit sign on express lanes. 255.6 meters south of I-5 express lanes exit at 42<sup>nd</sup>.
- Mile 6 - 25.6 meters west of light pole #1314765 on N Northlake Way. It is also 77.9 meters west of west edge of intersection to Corliss Ave & N Northlake Way
- Mile 7 - Under Fremont Ave, on N Northlake Way, 5.2 meters west of west edge of Fremont Ave
- Mile 8 - .3 meters south of south edge of southern driveway to 4233 Leary Way NW, Herc Rentals
- Mile 9 - 54.5 meters south of metal expansion joint on north edge of Ballard Bridge (where bridge connects to 15th Ave) where metal bridge surface grating starts and concrete roadway ends. 1.1 meters south of 10th set of metal bridge braces. 10th set (on east side of bridge) has hose splice attached to it.
- Mile 10 - West edge of staircase to apartment complex at 629 Nickerson St
- Mile 11 - 0.2 meters south of south edge to driveway at 241 3rd Ave
- Mile 12 - 55.2 meters east of intersection to 1st / Prospect/Highland on downhill of Prospect
- Mile 13 - 28.2 meters west of northwest corner of 6th Ave / Harrison St intersection.
- FINISH - located at west curb edge/Sidewalk edge to N/S driveway to Republican Parking @ Memorial Stadium. Driveway directly west of Harrison St/5th Ave N Intersection at NW corner.



**Road Running Technical Council  
USA Track & Field**

# *Measurement Certificate*



Name of the course Rock 'n' roll Seattle 1/2 Marathon Distance 21.0975 km  
 Location (state) Washington (city) Seattle  
 Type of course: road race  calibration course   
 Measuring method: bicycle  steel tape  electronic distance meter   
 Measured by (name, address, phone & e-mail) Jared Loranger, 3213 W. Wheeler, Seattle, WA 98199  
360-220-4548, jared@fizzeventswn.com  
 Race contact (name, address, phone & e-mail) Meryl Leventon, 3407 W Doctor M. L. K. Jr Blvd,  
Tampa, FL 33607, 610-659-2613, meryl.leventon@ironman.com  
 Date(s) when course measured: April 21, 2019, May 6, 2019  
 Number of measurements of entire course: 2 Course Configuration: Point to Point  
 Elevation (meters above sea level) Start 38 m Finish 38 m Highest 67 m Lowest 5 m  
 Straight line distance between start & finish 62 m Drop 0.00 m/km Separation 0.3 %  
 Type of surface: paved 100 % dirt 0 % gravel 0 % grass 0 % track 0 %  
 Effective date of certification: May 10, 2019 Certification code: WA19010RMB

Notice to Race Director: Use this Certification Code in *all* public announcements relating to your race.

## *Be It Officially Noted That*

Based on examination of data provided by the above named measurer, the course described above and in the map attached is hereby certified as reasonably accurate in measurement according to the standards adopted by the Road Running Technical Council. If *any* changes are made to the course, this certification becomes void, and the course must then be recertified.

*Verification of Course* — In the event a National Open Record is set on this course, or at the discretion of USA Track & Field, a verification remeasurement may be required to be performed by a member of the Road Running Technical Council. If such a remeasurement shows the course to be short, then all pending records will be rejected and the course certification will be cancelled.

*This certification expires on December 31 in the year* 2029



**AS NATIONALLY CERTIFIED BY:**

Date: May 20, 2019

Bob Brennand – USATF/RRTC Certifier  
 4113 Banbridge Loop SE, Olympia, WA 98501 360-310-0747 bobbrennand@comcast.net