



## PRESS RELEASE

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## Runners to Rock ‘n’ Roll, Road Closures Will Be in Effect

*Residents Asked to Plan Ahead, Review Alternate Routes*

Seattle, WA – June 11, 2010 – As more than 27,000 runners and walkers prepare to take on the streets of Seattle for the 2010 Rock ‘n’ Roll Seattle Marathon & ½ Marathon benefiting The American Cancer Society, their neighbors along the course route will need to be aware of road closures throughout race morning.

Beginning at 5:30 a.m. on Saturday, June 26<sup>th</sup>, police and event personnel will implement a soft closure along the entire race course, with roads closing at 6:00 a.m. unless otherwise noted. The races begin at 7:00 a.m. and streets will reopen on a rolling basis as soon as the last participant has passed and all the course support materials have been removed. Most road closures and detours will be in effect between the hours of 6:00 a.m. and 3:00 p.m, with roads near the start line opening earlier than roads near the finish line.

“It’s a beautiful course that really showcases what Seattle has to offer,” said Elizabeth O’Brien, Event Director. “However, it’s critical that our neighbors plan ahead, anticipate delays, and be aware of alternate routes that are available. Once the roads are closed, vehicles may not be able to cross the route.”

Both the full and half marathon start together at Gateway Corporate Center on Interurban Ave in Tukwila, south of downtown Seattle. The course runs through Tukwila and makes its way to the scenic shores of Lake Washington for miles 4 through 9. Full marathoners split off for 2 miles on the floating Lake Washington Bridge. After 2 miles, both courses meet again and run next to each other on the Interstate 90

Express Lanes. All participants head into downtown Seattle, where the half marathon splits off and finishes downtown outside Qwest Field.

The full marathon continues north onto the Alaskan Way Viaduct/Hwy 99, with views of Elliott Bay, passing the Space Needle and Lake Union as the Alaskan Way Viaduct/Hwy 99 becomes Aurora. Runners will u-turn and head back toward downtown on the highway before finishing outside Qwest Stadium in downtown Seattle.

In addition to a number of road closures, several freeway ramps will also be affected, including:

- State Route 599 Northbound & Southbound off-ramp to Interurban Avenue
- State Route 599 Northbound on-ramp from Interurban Avenue & S. 133<sup>rd</sup> Street
- Interstate 5 Northbound off-ramp and on-ramp to and from Martin Luther King Way
- Interstate 5 off-ramps to Interurban Avenue/S. 133<sup>rd</sup> Street

The I-90 Express Lanes will be completely closed during the event. Regular traffic on I-90 will be allowed. For a complete list of road closures, visit <http://www.competitor.com/community>.

The race will finish at Qwest Event Center in downtown Seattle, where participants and spectators can enjoy a finish line festival and headliner concert featuring “Tonic.” Live bands will also play nearly every mile of the course. A complete list of bands is available online.

If you don't plan to run, volunteering is a great way to participate. Volunteer opportunities are available throughout race weekend, at the Health & Fitness Expo and at the Start and Finish line. Each volunteer will be entered in a drawing for a stay-cation prize package - including a one night stay at the Westin Hotel, dinner at P.F. Chang's, and tickets to a WNBA basketball game. To sign up, visit <http://seattle.competitor.com/volunteers>.

**Downloadable Course Map:**

[http://seattle.competitor.com/files/2009/04/SEA\\_10\\_CourseMap-2.pdf](http://seattle.competitor.com/files/2009/04/SEA_10_CourseMap-2.pdf)

**Specific Road Closure Grid:**

<http://seattle.competitor.com/files/2009/05/Road-Closure-Grid.pdf>

**About Rock 'n' Roll Seattle**

A Seafair signature event, the second annual Rock 'n' Roll Seattle Marathon & 1/2 Marathon benefiting the American Cancer Society will run from Tukwila to Seattle on Saturday, June 26. The inaugural race drew a sold-out field of 25,000 entrants, with live bands and cheerleaders interspersed along each mile of the scenic course. A two-day Health and Fitness Expo at the Qwest Event Center will kick off race weekend, featuring more than one hundred fitness retailers, exhibits and interactive clinics. The musical party concludes with a post-race concert headlined by Tonic, which is free and open to the community. For

more information about the Rock 'n' Roll Seattle Marathon, please visit [seattle.competitor.com](http://seattle.competitor.com) or call (800) 311-1255.