

Seattle RnR by David Holmen
June 25, 2011

On June 25, 2011, I ran the Rock N Roll Seattle Marathon. Seattle is one of Deb's favorite cities. We were there in 1990, but that was in November, and it rained every day we were there. By returning to Seattle in the summer, we were able to enjoy better weather (highs in the low 70s with mostly sunny skies).

We opted not to rent a car, instead getting around by a combination of light rail, walking, hotel shuttles and duck (more on that later). We were able to catch the light rail at the airport and ride it to the Stadium station, which was three blocks from our hotel.

We stayed at the Silver Cloud Hotel, which is near Qwest Field (south of downtown). This was a convenient location because it was within two blocks of the expo, the finish line, and busses to the start. The hotel also had shuttles to various locations downtown.

There were about well over 100 Marathon Maniacs doing this race. I saw several familiar faces and met several Maniacs, including Steven Yee, Tony Nguyen (Endorphin Dude) and Steve Metcalf. I also got to meet Scott Jurek at the expo. There was also a huge group photo of Marathon Maniacs and Half Fanatics before the start.

I had mixed feelings about the course. On the plus side, it took us past Lake Washington, through downtown and along the waterfront. On the negative side, there were several miles of bridges and tunnels, and at times you couldn't see much besides the highway. I was somewhat impressed, however, that the city was willing to close down a major expressway so we could run on it.

In my last few races, I went out fast and struggled in the late miles. This time I held back in the first nine miles. In the second half, I was constantly passing other runners and passed the 3:20 and 3:15 pace groups. I finished in 3:14:55, which was good enough for third place in my age group.

This race helped me reach another big milestone. It gave me marathons or ultras in 23 different states or countries in one year (from July 2010 through June 2011). During that time, I finished races in Oregon, Montana, Iowa, South Dakota, Minnesota, Nebraska, Colorado, Greece, Kansas, Jamaica, Texas, Mississippi, The Bahamas, Florida, California, North Carolina, France, The United Kingdom, Wisconsin, North Dakota, Vermont, Wyoming and Washington. That qualified me for the Platinum (eight stars) level of Marathon Maniacs.

After the race, Deb and I went to the Space Needle. There were very few clouds, so we had great views of the city. We had dinner in their revolving restaurant.

The next day, we started our day with the "Ride the Ducks" tour. The ducks are amphibious tour mobiles that were originally WWII amphibious assault vehicles. The first half of our tour took us through the streets of downtown Seattle. Then we took to the water for a tour of Lake Union. After our duck tour, we continued sightseeing on foot. We visited Pike Place Market, Miner's Landing, Ye Olde Curiosity Shop and Pioneer Square. It was a perfectly clear day, so we had a good view of Mt. Rainier from the waterfront.