

# BUILD WITH STRENGTH

A COALITION OF THE NATIONAL READY MIXED CONCRETE ASSOCIATION

CONCRETE CASE STUDY: INNOVATION

## ROY ST. COMMONS

621 12th Ave. E., Seattle, WA

Completed: 2015

Floors: 5

Number of Units: 32



### ICF: STRONGER, GREENER BUILDING

Seattle-based ER doctor, Dr. Eric Friedland, was looking for an investment property when he decided to build his own—entirely out of Insulated Concrete Forms (ICF). ICF was chosen due to its strength, durability, sound insulation, and energy efficiency. Traditionally used for foundations and stem walls, ICF proved to be an innovative building material for this micro-apartment style multi-family building.

#### 01. Structural strength in a reinforced wall.

Beyond the natural strength qualities of concrete, steel rebar reinforce the structure.

#### 02. Environmentally responsible.

The project uses 2.5 inch thick foam on either side of a six-inch concrete center. The blocks are stacked, creating a continuous insulation on the exterior and interior of the project.

#### 03. Designed to last.

Thanks to the block design associated with ICF construction, the building is incredibly airtight. In fact, the rated infiltration level for this project was measured at 1.6 air changes per hour at 50 Pascals. Airtightness means less thermal energy lost.

#### 04. Innovative 3D modeling.

ICFs use less concrete than a typical concrete building project, resulting in a more sustainable construction over the long-term. ICF construction can also significantly decrease energy consumption for the building's occupants.