



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



Name of the course Iowa Hope Run 5k Distance 5 km  
Location (state) IA (city) Des Moines  
Type of course: Road Race  
Measuring Methods: Bicycle  
Measured By Alex Syhlman - 1502 20th Ave SE - Altoona, IA 50009 - (515) 450-1751 - alex@truetimeracing.com  
Race Contact Randy Spoelstra - iowahoperun@gmail.com  
Date(s) when course measured: 04/20/2026  
Number of measurements of entire course: 2 Course Configuration: figure-8  
Elevation (meters above sea level) Start 244.75 Finish 245.06 Lowest 242.93 Highest 246.89  
Straight line distance between start and finish 268.96 m Drop: -0.06 m/km Separation 5.38 %  
Type of surface: Paved 100 % Dirt 0 % Gravel 0 % Grass 0 % Track 0 %  
Effective date of certification: May 4, 2026 Certification code: IA26001MF

Note 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 the course, or at the discretion of USA Track & Field, a verification measurement 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.

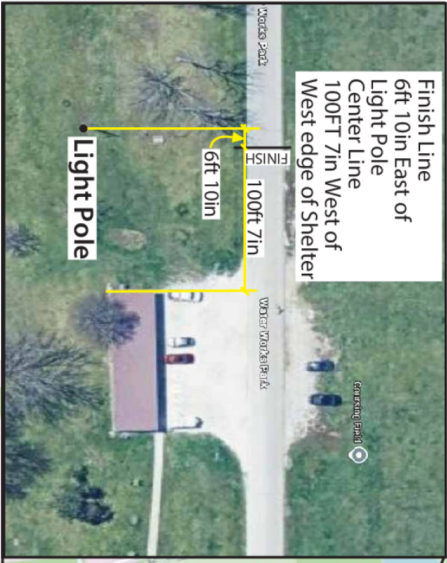
**This certification expires on December 31 of the year:** **2036**

**AS NATIONALLY CERTIFIED BY:**

Date: May 6, 2026

Michael Franke - USATF/RRTC Certifier - 1007 WALNUT, P.O. Box 193, DALLAS CENTER IA 50063  
(515) 992-3585 - mfranke@myctl.net

Start: 41°33'36.1"N 93°40'18.6"W  
 Mile 1: 41°33'48.9"N 93°40'39.7"W  
 Mile 2: 41°33'39.6"N 93°41'19.7"W  
 Mile 3: 41°33'32.8"N 93°40'38.1"W  
 Finish: 41°33'33.1"N 93°40'30.8"W



Measured By: Alex Sylhman  
 This course was measured using the full width of the road and the Shortest Possible Route (SPR)

