



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

# **Measurement Certificate**



Name of the course Med City - Altra 5K Distance 5 km

Location (state) MN (city) Rochester

Type of course: Road Race

Measuring Methods: Bicycle

Measured By Evin Haukos - 3011 Nelson Ct SE - Rochester, MN 55904 - (320) 249-9155 - director@medcitymarathonmn.c

Race Contact Evin Haukos - 3011 Nelson Ct SE - 3202499155 - director@medcitymarathonmn.com

Date(s) when course measured: 04/29/2026

Number of measurements of entire course: 2 Course Configuration: point to point

Elevation (meters above sea level) Start 299.62 Finish 305.10 Lowest 296.88 Highest 309.98

Straight line distance between start and finish 1 mi Drop: -1.10 m/km Separation 32.19 %

Type of surface: Paved 100 % Dirt 0 % Gravel 0 % Grass 0 % Track 0 %

Effective date of certification: May 4, 2026 Certification code: MN26010MAB

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.

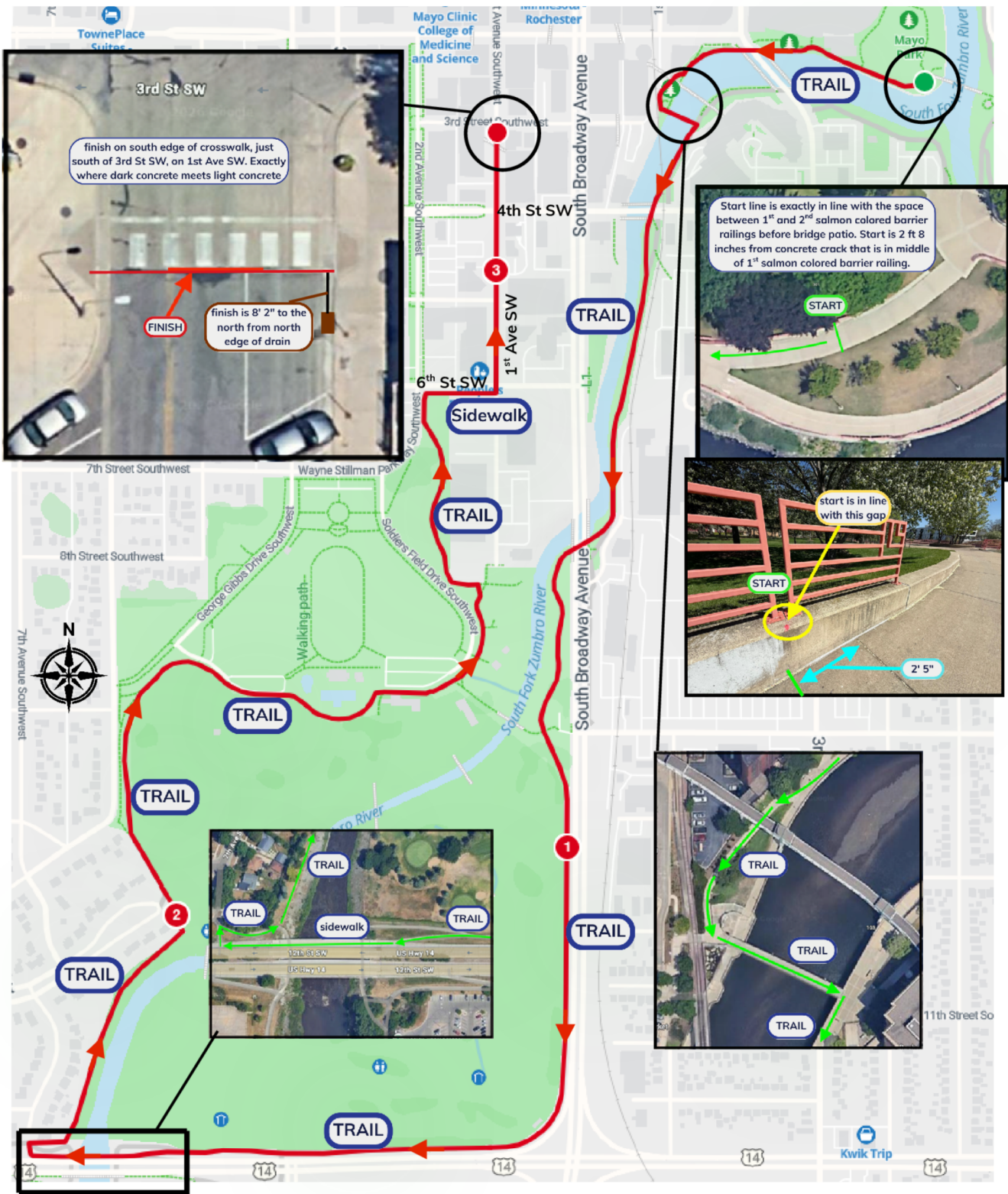
***This certification expires on December 31 of the year:*** **2036**



**AS NATIONALLY CERTIFIED BY:**

Date: May 8, 2026

Michael Bialick - USATF/RRTC Certifier - 12667 Sherwood Pl, Minnetonka MN 55305  
(952) 454-2165 - michael.bialick@gmail.com



RESTRICTIONS: Runners stay on pavement at all times, run shortest possible route. RD - See map callouts.

## Med City - Altra 5K Rochester, MN

Measured by Evin Haukos



**Mile marker descriptions:**

START LINE: On trail at the SE edge of Mayo Park (behind the Civic Center). Near the bridge patio. Start line located at on the gradual downgrade from the bridge patio area. Start line is exactly in line where the 1<sup>st</sup> and 2<sup>nd</sup> salmon colored barrier railings meet.

Mile 1: On trail, north of the yellow gas line warning marker by 6 meters

Mile 2: On trail by golf course. Right by intersection of trail to the neighborhood. About 1 meter at a 45degree angle to the south from the stabilizing wire for the electric pole.

Mile 3: Across from US Bank sign on 1<sup>st</sup> Ave SW. Starting from the edge of the curb by Premier bank, mile is in the center of the 4<sup>th</sup> parking stall

Finish: On the south end of the crosswalk (south of 3<sup>rd</sup> st) where the lighter concrete meets the darker concrete.

**COURSE DESCRIPTION:**

Start on trail. Head (W) along zumbro river trail. At split, follow trail to the left (W) and run trail under bridge. At second split after this, follow trail up hill at 45 degree angle as it turns to (S). Runners turn left (E) to cross footbridge. Right (S) onto trail. Follow zumbro river trail. Cross under south Broadway bridge on trail and continue following trail. Follow trail (S) past golf course. Trail curves to right (W) along hwy 14. At bridge split, follow left trail up to sidewalk across bridge (W). After bridge, turn right (N) onto trail. Quick right (E) onto trail, then quick left (N) to follow trail along river. Continue to follow trail (N) past golf course to the south end of soldiers field. Follow trail as it wraps to right (E) on the south end of soldiers field. Continue to run on trail (E) past water park and past Tilly's bar and grill. Trail will curve to the left (N). At split, turn right on trail (NE) then another split, turn left (W) on trail. Trail curves to right (N). Follow trail to sidewalk on south side of 6<sup>th</sup> St SW. Right on sidewalk (E). Left on 1<sup>st</sup> Ave SW (N). Follow 1<sup>st</sup> Ave NW (N) to the finish line.