



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



Name of the course Bonnet Springs Park 5k - Lakeland Runners Club Distance 5 km  
Location (state) FL (city) Lakeland  
Type of course: Road Race  
Measuring Methods: Bicycle  
Measured By James Hurst - 831 kensington st - Lakeland, FL 33803 - (304) 494-7762 - runjames42@yahoo.com  
Race Contact Michelle Hoffert - PO BOX 1484, Lakeland FL, 33802 - lrc@lakelandrunnersclub.org  
Date(s) when course measured: 02/08/2023  
Number of measurements of entire course: 2 Course Configuration: complex of different loop  
Elevation (meters above sea level) Start 61.87 Finish 60.05 Lowest 46.02 Highest 61.87  
Straight line distance between start and finish 143.26 m Drop 0.36 m/km Separation 2.87 %  
Type of surface: Paved 100 % Dirt 0 % Gravel 0 % Grass 0 % Track 0 %  
Effective date of certification: February 10, 2023 Certification code: FL23012JK

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:*** **2033**

**AS NATIONALLY CERTIFIED BY:**

Date: February 10, 2023

Justin Kuo - USATF/RRTC Certifier - 39 Oakland Rd, Brookline MA 02445  
(617) 487-4463 - jkuo+certifier@usatfne.org

