



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



-- This course includes certified splits below --

Name of the course Lake to Lake 10k Distance 10 km
Location (state) FL (city) Lakeland
Type of course: Road Race
Measuring Methods: Bicycle
Measured By Chris Baker - 1837 Michelle Lane - Lakeland, FL 33813 - (863) 956-7942 - cbaker0726@gmail.com
Race Contact Sarah Kozul - PO BOX 1484, Lakeland, FL 33802 - 8325679096 - races@lakelandrunnersclub.org
Date(s) when course measured: 10/05/2025
Number of measurements of entire course: 3 Course Configuration: complex of different loop
Elevation (meters above sea level) Start 54.86 Finish 54.86 Lowest 41.15 Highest 64.01
Straight line distance between start and finish 513.28 m Drop: 0.00 m/km Separation 5.13 %
Type of surface: Paved 100 % Dirt 0 % Gravel 0 % Grass 0 % Track 0 %
Effective date of certification: October 5, 2025 Certification code: FL25020JK

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:

2035

AS NATIONALLY CERTIFIED BY:

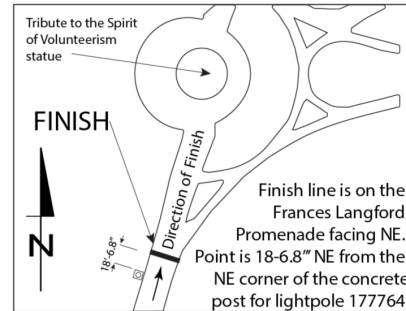
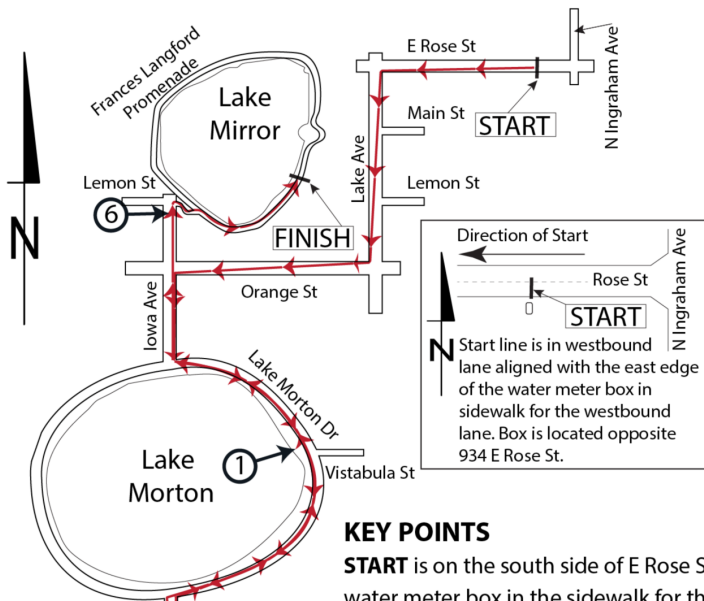
Justin Kuo - USATF/RRTC Certifier - 39 Oakland Rd, Brookline MA 02445
(617) 487-4463 - jkuo+certifier@usatfne.org

Date: October 9, 2025

Lake to Lake 10K

Lakeland, FL

this course was measured using the full width of the road and the Shortest Possible Route



KEY POINTS

START is on the south side of E Rose St facing west. Point is aligned with the east edge of the water meter box in the sidewalk for the westbound lane. Box is located opposite 934 E Rose St.

FINISH is on the Frances Langford Promenade facing northeast. Point is 4' northeast from the northeast corner of the concrete post for lightpole 177764.

MILE 1 is on Lake Morton Dr., facing south in the southbound lane, 4' south of lightpole 100746 before the intersection at Vistabula.

MILE 2 is on the Lake Hollingsworth running path facing south at Palmola St. Point is 2' from the south edge of the concrete curb for the drain along the path.

MILE 3 is on the Lake Hollingsworth running path facing northeast between Brandon Rd and Jonila Ave. Point is 38'-9" southwest of LP 100799/100800.

MILE 4 is on the Lake Hollingsworth running path facing northwest at the crosswalk prior to the roundabout. Point is 3'-5" east of lightpole 100503.

MILE 5 is in the northbound lane of Success Ave facing north between Finney St and E Charles St in front of house 954. Point is 18'-6" from the north curb for Finney St.

MILE 6 is on northbound lane of Iowa Ave facing north. Point is 13'-1" south of unnumbered lightpole that is north of the exit for Lakeland utilities exit driveway.

RESTRICTIONS:

On race day, all roads will be closed to traffic and runners can take the shortest possible route except at the intersection of Success Ave and the Lake Hollingsworth path where runners will be restricted to enter the path via the last (3 of 3) driveway apron for #3 Lake Hollingsworth Dr and exit off of the path at the sewer manhole in the driveway apron between #14 & #11 Lake Hollingsworth Dr.

Course Measured on 10/05/2025
by Chris Baker
chris.baker@lakelandrunnersclub.org



USATF Certificate

FL25020JK
Effective: 10/05/2025
Through: 12/31/2035