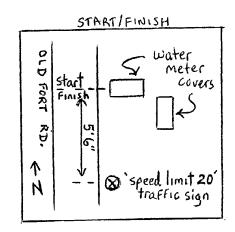
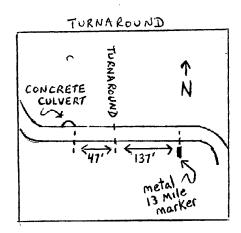
## Flash 12k

St. Marks, Fl.





TURNAROUND

4mb

5m. 4

SIF: at north edge of San Marcos de Apalache parking.

Lot. Mark is directly in line with northernmost of two water meter covers on east side of Old Fort Rd. It is also 5'6" north of "speed limit 20" traffic sign on east side of road.

1 mile: on Riverside Dr., 3'SE of 2nd cabbage palm east of Old Fort Rd.

2 mile: on St. Marks bike trail, 4' south of pine tree on west side of trail with tag \* 17791386.

3 mile: 76' south of sign for City of St. Marks on west side of Woodville Hwy.

Turn: 137' west of metal mile marker on south side of trail. Mark is also 47'east of east edge of concrete culvert on north side of trail.

4 mile: 83' south of pine tree (tag\*177111594) on east side of trail.

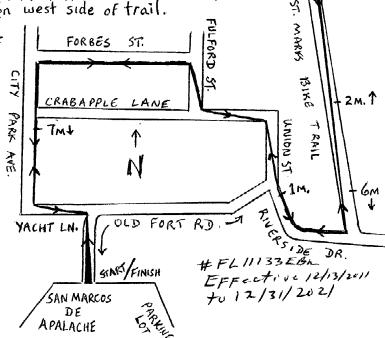
5 mile; just south of east-west section of trail. Mark is 78 north of north edge of rest bench on west side of trail.

6 mile: behind house on east side of trail with gourds + birdhovses. Mark is 3ft. south of northernmost post of fence behind house.

7 mile: at north edge of driveway For #55 City Park Ave.

## Measured by:

Bill McGuire 1978 Setting Sun Trail Tallahassee, Fl., 32303 (850) 562-2295 bmcguire31@centurylink.net





Name of the course

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

Flash 12k

Distance



12km

Type of course: road race	Location (state) _		Florida	(city)		St. Ma	St. Marks		
Elevation (meters above sea level) Start 1.22m Finish 1.22m Highest 3.35m Lowest .61m Straight line distance between start & finish 0 Drop 0 m/km Separation 0 % Measured by (name, address, phone & e-mail) Bill McGuire, 1978 Setting Sun Trail,  Tallahassee, Fl. 32303 850-562-2295 bmcguire31@centurylink.net  Race contact (name, address & phone) Mark Priddy, 3584 Stowe Trace, Tallahassee, Fl.  32309 850-668-4907  Measuring Methods: bicycle steel tape electronic distance meter Number of measurements of entire course: 2 Date(s) when course measured: 12/4/2011  Race date: 2/18/2012 Course certification effective date: 12/13/2011  Replaces: N/A (if applicable) Certification code: FL11133EBM  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.  Validation of Course — In the event a National Open Record is set on this course, or at the discretion of USA Track & Field, a validation remeasurement 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 in the year 2021  AS NATIONALLY CERTIFIED BY:  Event McDowell – USATF/RRTC National Certifier	Type of course: road race ⊠ calibration □ track □ Configuratio								
Elevation (meters above sea level) Start 1.22m Finish 1.22m Highest 3.35m Lowest .61m Straight line distance between start & finish 0 Drop 0 m/km Separation 0 % Measured by (name, address, phone & e-mail) Bill McGuire, 1978 Setting Sun Trail,  Tallahassee, Fl. 32303 850-562-2295 bmcguire3l@centurylink.net  Race contact (name, address & phone) 32309 850-668-4907  Measuring Methods: bicycle steel tape electronic distance meter Number of measurements of entire course: 2 Date(s) when course measured: 12/4/2011  Race date: 2/18/2012 Course certification effective date: 12/13/2011  Replaces: N/A (if applicable) Certification code: FL11133EBM  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.  Validation of Course — In the event a National Open Record is set on this course, or at the discretion of USA Track & Field, a validation remeasurement 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 in the year 2021  AS NATIONALLY CERTIFIED BY:  Event McDowell - USATF/RRTC National Certifier	Type of surface: p	aved100	_% dirt	_% gravel_	% grass	%	track	%	
Straight line distance between start & finish 0 Drop 0 m/km Separation 0 %  Measured by (name, address, phone & e-mail) Bill McGuire, 1978 Setting Sun Trail,  Tallahassee, Fl. 32303 850-562-2295 bmcguire3l@centurylink.net  Race contact (name, address & phone) Mark Priddy, 3584 Stowe Trace, Tallahassee, Fl.  32309 850-668-4907  Measuring Methods: bicycle steel tape electronic distance meter  Number of measurements of entire course: 2 Date(s) when course measured: 12/4/2011  Race date: 2/18/2012 Course certification effective date: 12/13/2011  Replaces: N/A (if applicable) Certification code: Fill133EBM  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.  Validation of Course — In the event a National Open Record is set on this course, or at the discretion of USA Track & Field, a validation remeasurement may be required to be performed by a member of the Road Running Technical Council. If sure changes are made to 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 in the year 2021  AS NATIONALLY CERTIFIED BY:  Event McDowell - USATF/RRTC National Certifier	Elevation (meters ab	ove sea level)	Start 1.22m	Finish	22m Highest	3.35m	Lowest .	- .61m	
Measured by (name, address, phone & e-mail) Bill McGuire, 1978 Setting Sun Trail,  Tallahassee, Fl. 32303 850-562-2295 bmcguire3l@centurylink.net  Race contact (name, address & phone) Mark Priddy, 3584 Stowe Trace, Tallahassee, Fl.  32309 850-668-4907  Measuring Methods: bicycle steel tape electronic distance meter  Number of measurements of entire course: 2 Date(s) when course measured: 12/4/2011  Race date: 2/18/2012 Course certification effective date: 12/13/2011  Replaces: N/A (if applicable) Certification code: FL11133EBM  Notice to Race Director  Use this Certification Code in all public announcements relating to your race.  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.  Validation of Course — In the event a National Open Record is set on this course, or at the discretion of USA Track & Field, a validation remeasurement 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 in the year 2021  AS NATIONALLY CERTIFIED BY:  Local McDowell – USATF/RRTC National Certifier	Straight line distanc	e between star	t & finish	0	Drop 0	m/km S	Separation (	0 %	
Race contact (name, address & phone)  Race contact (name, address & phone)  Mark Priddy, 3584 Stowe Trace, Tallahassee, F1.  32309 850-668-4907  Measuring Methods: bicycle Steel tape electronic distance meter Number of measurements of entire course: 2 Date(s) when course measured: 12/4/2011  Race date: 2/18/2012 Course certification effective date: 12/13/2011  Replaces: N/A (if applicable) Certification code: FL11133EBM  Notice to Race Director Use this Certification Code in all public announcements relating to your race.  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.  Validation of Course — In the event a National Open Record is set on this course, or at the discretion of USA Track & Field, a validation remeasurement 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 in the year 2021  AS NATIONALLY CERTIFIED BY:  Event McDowell – USATF/RRTC National Certifier	Measured by (name,	address, phon	ie & e-mail) Bil	l McGuire	. 1978 Settin	ng Sun :	rail,		
Race contact (name, address & phone)  Mark Priddy, 3584 Stowe Trace, Tallahassee, F1.  32309 850-668-4907  Measuring Methods: bicycle  steel tape  electronic distance meter  12/4/2011  Race date:  2/18/2012  Course certification effective date:  12/13/2011  Replaces:  N/A  (if applicable)  Certification code: FL11133EBM  Notice to Race Director  Use this Certification Code in all public announcements relating to your race.  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.  Validation of Course — In the event a National Open Record is set on this course, or at the discretion of USA Track & Field, a validation remeasurement 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 in the year  2021  AS NATIONALLY CERTIFIED BY:  Event McDowell – USATF/RRTC National Certifier	Tallahassee,	F1. 3230	03 850-562-	2295 bmcgu	ire31@centur	ylink.r	et		
Measuring Methods: bicycle  steel tape  electronic distance meter   Number of measurements of entire course:  2 Date(s) when course measured:  12/4/2011  Race date:  2/18/2012  Course certification effective date:  12/13/2011  Replaces:  N/A  (if applicable)  Certification code:  FL11133EBM  Notice to Race Director  Use this Certification Code in all public announcements relating to your race.  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.  Validation of Course — In the event a National Open Record is set on this course, or at the discretion of USA Track & Field, a validation remeasurement 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 in the year  2021  AS NATIONALLY CERTIFIED BY:  Event McDowell – USATF/RRTC National Certifier	Race contact (name,	address & pho	one) Mark Pri	ddy, 3584	Stowe Trace	. Tallal	nassee. Fl		
Number of measurements of entire course: 2 Date(s) when course measured: 12/4/2011  Race date: 2/18/2012									
Number of measurements of entire course: 2 Date(s) when course measured: 12/4/2011  Race date: 2/18/2012	Measuring Methods:	bicycle 🔀	steel tape	electronic di	stance meter				
Replaces: N/A (if applicable) Certification effective date: 12/13/2011  Replaces: N/A (if applicable) Certification code: FL11133EBM  Notice to Race Director Use this Certification Code in all public announcements relating to your race.  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.  Validation of Course — In the event a National Open Record is set on this course, or at the discretion of USA Track & Field, a validation remeasurement 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 in the year 2021  AS NATIONALLY CERTIFIED BY:  Event McDowell – USATF/RRTC National Certifier						12	/4/2011		
Replaces:  N/A (if applicable)  Certification code: FL11133EBM  Notice to Race Director Use this Certification Code in all public announcements relating to your race.  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.  Validation of Course — In the event a National Open Record is set on this course, or at the discretion of USA Track & Field, a validation remeasurement 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 in the year 2021  AS NATIONALLY CERTIFIED BY:  Event M-Sound  Date: 12/21/2011	Race date:	2/18/201	2 Cours	se certification	effective date:	12,	/13/2011		
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.  Validation of Course — In the event a National Open Record is set on this course, or at the discretion of USA Track & Field, a validation remeasurement 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 in the year 2021  AS NATIONALLY CERTIFIED BY:  Event Me-Dowell – USATF/RRTC National Certifier	Replaces:	N/A	(if applicable	)					
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.  Validation of Course — In the event a National Open Record is set on this course, or at the discretion of USA Track & Field, a validation remeasurement 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 in the year 2021  AS NATIONALLY CERTIFIED BY:  Event MacDowell – USATF/RRTC National Certifier									
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.  Validation of Course — In the event a National Open Record is set on this course, or at the discretion of USA Track & Field, a validation remeasurement 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 in the year 2021  AS NATIONALLY CERTIFIED BY:  Event M-Dowell — USATF/RRTC National Certifier					Use	this Certific	ation Code in al	Z public	
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.  Validation of Course — In the event a National Open Record is set on this course, or at the discretion of USA Track & Field, a validation remeasurement 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 in the year 2021  AS NATIONALLY CERTIFIED BY:  Event MacDowell – USATF/RRTC National Certifier					anr	nouncement	s relating to your	r race.	
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.  Validation of Course — In the event a National Open Record is set on this course, or at the discretion of USA Track & Field, a validation remeasurement 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 in the year 2021  AS NATIONALLY CERTIFIED BY:  Event McDowell – USATF/RRTC National Certifier			Be It Offi	icially N	oted Tha	t			
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 in the year 2021  AS NATIONALLY CERTIFIED BY:  Event McDowell – USATF/RRTC National Certifier	dards ado	examination of attached is hoted by the Ro	of data provided by nereby certified as ad Running Techni	the above name reasonably acce	ed measurer, the courate in measureme	urse describ			
AS NATIONALLY CERTIFIED BY:  Event McDowell - USATF/RRTC National Certifier  Date: 12/21/2011	the Road	Running Tech	a vanuation femeas nical Council. If si	surement may r	e required to be per	1 1	1 0		
Fourt McDowell - USATF/RRTC National Certifier  Date: 12/21/2011	T	his certifica	ıtion expires oı	n December	31 in the year	2021			
Fourt Mc Dowell - USATF/RRTC National Certifier  Date: 12/21/2011			AS NATION	ALLY CER	TIFIED BY:				
verett McDowell – USATF/RRTC National Certifier  Date: 12/21/2011	Event m	& Donald	•						
vereit McDowell – USATF/RRTC National Certifier 256 Stony Brook Lane, Dunedin, Fl. 34698 727-644-7608 emcdowell5@tampabay.rr.com				-		Date:	12/21/201	1	
230 Stony Blook Latte, Dunedin, Fl. 34698 /2/-644-/608 emcdowell5@tampabay.rr.com	veren McDowen – 256 Stany Brook I	one Dunadia	IC National Certi	ifier					
	230 Stony Blook E	anc, Dunean	i, Fl. 34096 /2/-	044-/608 em	cdowell5@tampab	oay.rr.com			