

2014

Run for the Cookies 5k

Tallahassee, Fl.

USATF # FL14006 EBM
Effective Jan. 9, 2014
to Dec. 31, 2024

Start: on south side of Merchants Ct., between first and second parking lanes east of Progress Dr., directly in line with light pole #69. Mark is also directly in line with seam in concrete curb at west edge of storm drain.

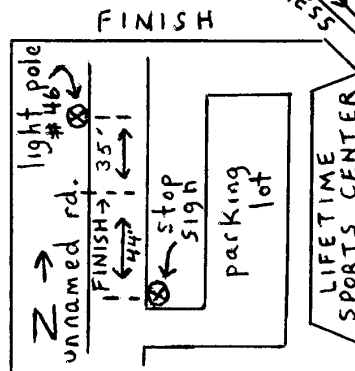
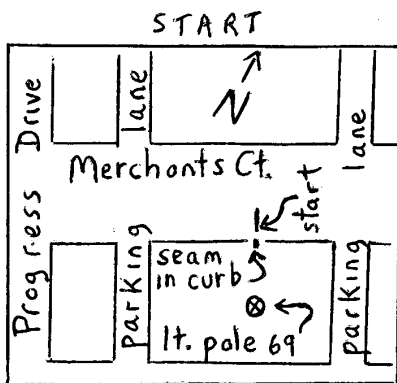
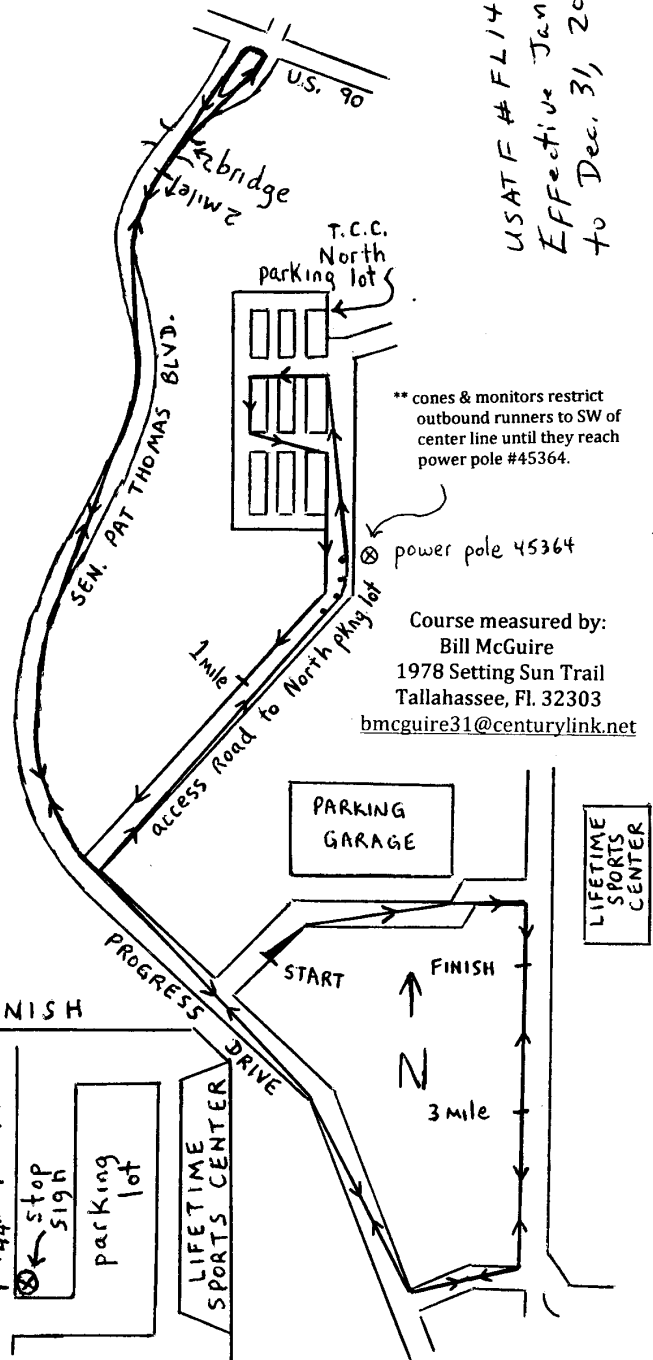
1 mile: along west side of access road to north parking lot, 126' SW of power pole #45375 on SE side of rd.

2 mile: just south of bridge near north end of Pat Thomas Blvd. Mark is on east side of road, 15' north of light pole #118.

***3 mile and finish are both along unnamed north/south road just west of Tallahassee Community College Lifetime Sports Center.**

3 mile: 33' south of south curb for handicapped accessible parking area.

Finish: 35' south of light pole #46 on west side of road. Mark is also 44' north of stop sign at entrance of access driveway for Lifetime Sports Center parking lot. m





Road Running Technical Council
USA Track & Field
Measurement Certificate



Name of the course Run for the Cookies 5k Distance 5,000 meters
Location (state) Florida (city) Tallahassee
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Complex of Loops
Type of surface: paved 100 % dirt % gravel % grass % track %
Elevation (meters above sea level) Start 18m Finish 18.6m Highest 25.9m Lowest 17.4m
Straight line distance between start & finish 180m Drop (.12) m/km Separation 3.6 %
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 & e-mail) Tom Perkins, P.O. Box 3447, Tallahassee, Fl.
32315 850-894-2019 tomperkins51@yahoo.com
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐
Number of measurements of entire course: 2 Date(s) when course measured: Dec. 29, 2013
Race date: Feb. 8, 2014 Course certification effective date: Jan. 8, 2014
Certification code: FL14006EBM

Notice 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 this course, or at the discretion of USA Track & Field, a verification 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

2024

AS NATIONALLY CERTIFIED BY:

Everett McDowell

Date: Jan. 14, 2014

Everett McDowell – USATF/RRTC National Certifier

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