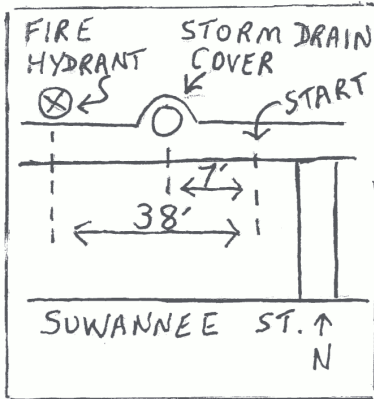


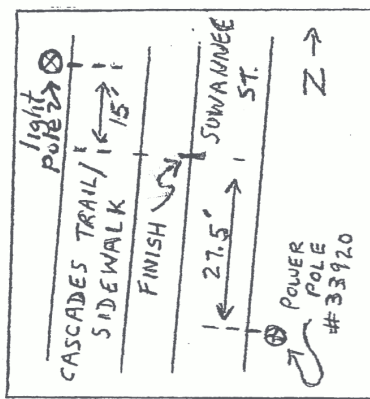
National Parkinson Foundation North Florida

Tulip Trot 5k

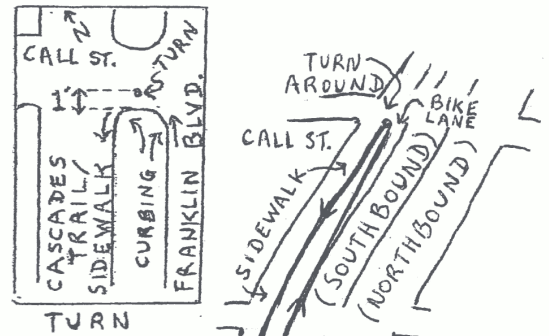
Tallahassee, Fl.



START



FINISH



Start: on Suwannee St., within RR Xing area painted on road near Gadsden St. Mark is 7' east of center of storm drain cover on north curb. It's also 38' east of fire hydrant on north curb.

1 mile: on Cascades Trail/sidewalk, at west edge of the pair of benches just west of Gadsden St. entrance to park.

Turn: 1' north of north tip of south curb at SW corner of Call St. & Franklin Blvd.

2 mile: on Cascades Trail/sidewalk 5' south of first light pole south of Beverly Court.

3 mile: on Cascades Trail/sidewalk, 4' east of 3rd light pole east of Gadsden St.

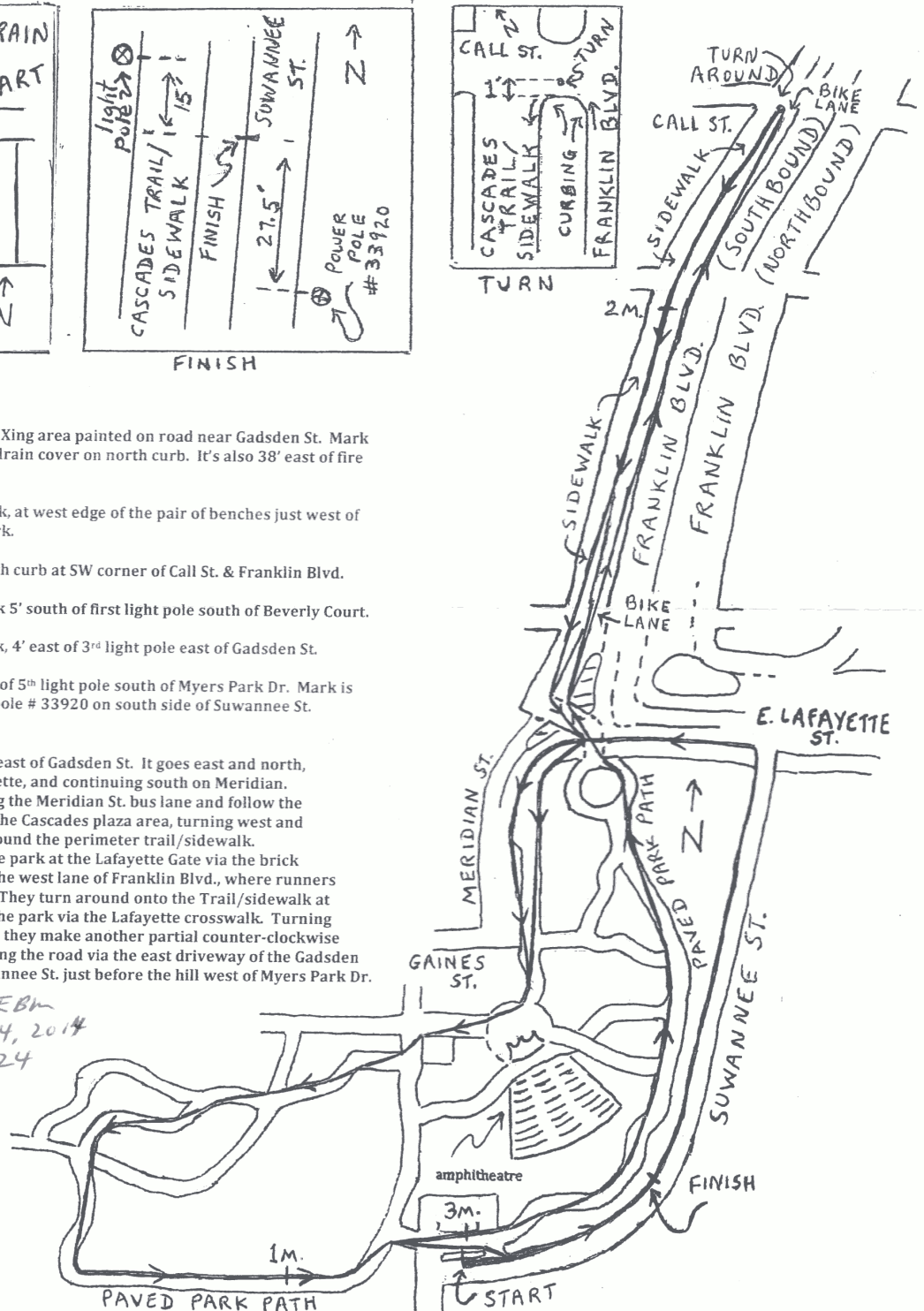
Finish: on Suwannee St., 15' south of 5th light pole south of Myers Park Dr. Mark is also 27.5' north of power pole # 33920 on south side of Suwannee St.

The race starts on Suwannee just east of Gadsden St. It goes east and north, turning west into the street at Lafayette, and continuing south on Meridian. Runners hop onto the sidewalk along the Meridian St. bus lane and follow the Cascades Trail/sidewalk south into the Cascades plaza area, turning west and making a counter-clockwise loop around the perimeter trail/sidewalk.

Heading north, the course exits the park at the Lafayette Gate via the brick crosswalk, and continues north via the west lane of Franklin Blvd., where runners are restricted to the west bike lane. They turn around onto the Trail/sidewalk at Call St. and head south, re-entering the park via the Lafayette crosswalk. Turning right (west) onto the Trail/sidewalk, they make another partial counter-clockwise loop of the park perimeter, re-entering the road via the east driveway of the Gadsden St. parking lot, and finishing on Suwannee St. just before the hill west of Myers Park Dr.

USATF # FL14149EBM
Effective Dec. 24, 2014
to Dec. 31, 2024

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





Road Running Technical Council
USA Track & Field
Measurement Certificate



Name of the course National Parkinson Foundation North Florida Tulip Trot 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 29.6m Finish 35.4m Highest 36m Lowest 24m
Straight line distance between start & finish 178m Drop (1.16) 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) Michelle Pellito, P.O. Box 14722, Tallahassee, FL 32317
850-364-0230 mcihelle@npfnorthflorida.org
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐
Number of measurements of entire course: 2 Date(s) when course measured: Dec. 20, 2014
Race date: Jan. 31, 2015 Course certification effective date: Dec. 24, 2014
Certification code: FL14149EBM

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: Dec. 29, 2014

Everett McDowell • USATF/RRTC National Certifier

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