

Start on walking path near 50th run counter clockwise around lake one complete loop Than passing the start line finish at the Beach House. Stay on walking path nearest to the lake.

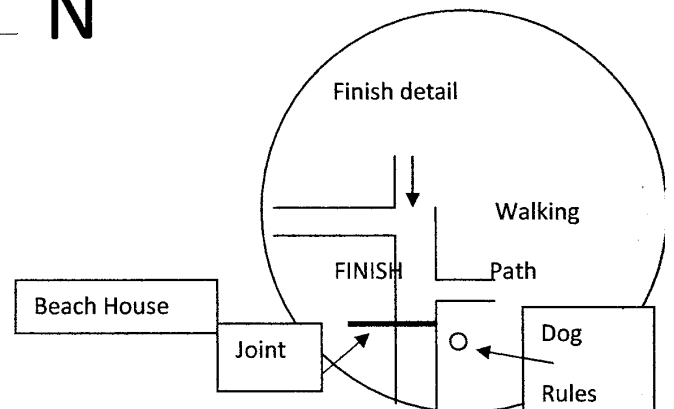
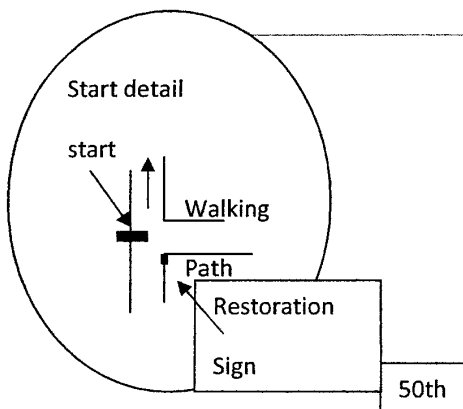
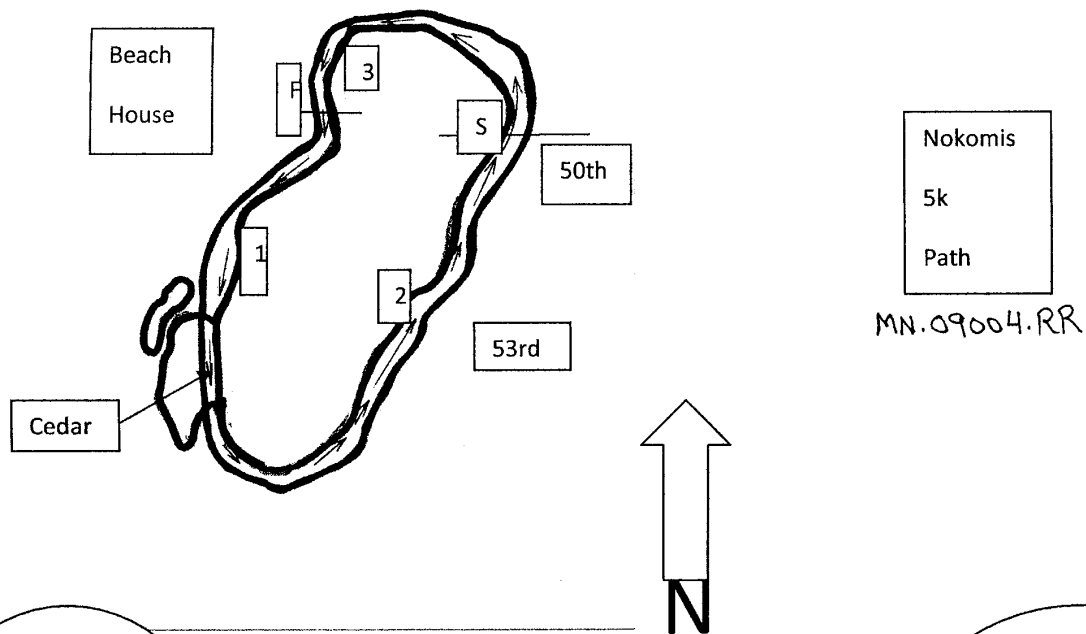
START: 1 meter north of Shoreline Restoration sign on walking path orange paint.

MILE: 1 3 meters north of Vita Course sign #13 orange paint

MILE: 2 14 meters north of Torjorn Norvell memorial bench orange paint.

MILE: 3 3rd street light from Beach House north parking lot exit walking path orange paint.

FINISH: NE side of Beach House joint in sidewalk at dog rules sign.



Race director cones needed at many path intersections to stay on path nearest to lake.

CERTIFICATE VALID FROM 3-18-9 TO 12-31-19



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

recognized by



Name of the course MN FREEZE Distance 5km
 Location (state) MN (city) MINNEAPOLIS
 Type of course: road race calibration track Configuration: LOOP
 Type of surface: paved 100 % dirt _____ % gravel _____ % grass _____ % track _____ %
 Elevation (meters above sea level) Start 239 Finish 233 Highest 245 Lowest 219
 Straight line distance between start & finish 225m Drop 1.2 m/km Separation 4.5 %
 Measured by (name, address, phone & e-mail) DWIGHT PEACH/6249 CENTURY BLVD/BROOKLYN PARK, MN 55429
PEACH9688@COMCAST.NET / 763 561 8409
 Race contact (name, address & phone) MARY ANDERSON/404T CAMBERWELL DR./EAGAN, MN 55123
(5) 688 9143
 Measuring Methods: bicycle steel tape electronic distance meter
 Number of measurements of entire course: Two Date(s) when course measured: 3.16.9
 Race date: 4.11.9 Course certification effective date: 3.18.9
 Replaces: _____ (if applicable) Certification code: MN-09004-RR

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.

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 **2019**

AS NATIONALLY CERTIFIED BY:

RICK RECKER

Date: 3.18.9

Rick Recker – USATF/RRTC National Certifier

19 S. 1st St. #2203, Minneapolis, MN 55401, 612 375 0805, rick_recker@hotmail.com

MN 09004 RR