



# Kaposia Days 10K South St. Paul, MN

#MN19034RR - Effective Jun 24,2019 - Dec 31,2029

Description: Out and back on Mississippi River Regional Trail. Runners start at the Spiral Bridge access point at Grand and Hardman. Runner head north at the start up the spiral bridge then head south on the trail to the turn around at 3.1 miles. Runners then proceed back on the trail follow the same path to the start / finish.

Restrictions: Runners must run on right side of half of the trail

Start / Finish: Even with center of first light post on East side of trail North of Grand Ave.

Mile 1: 14m N of sign for native grasses

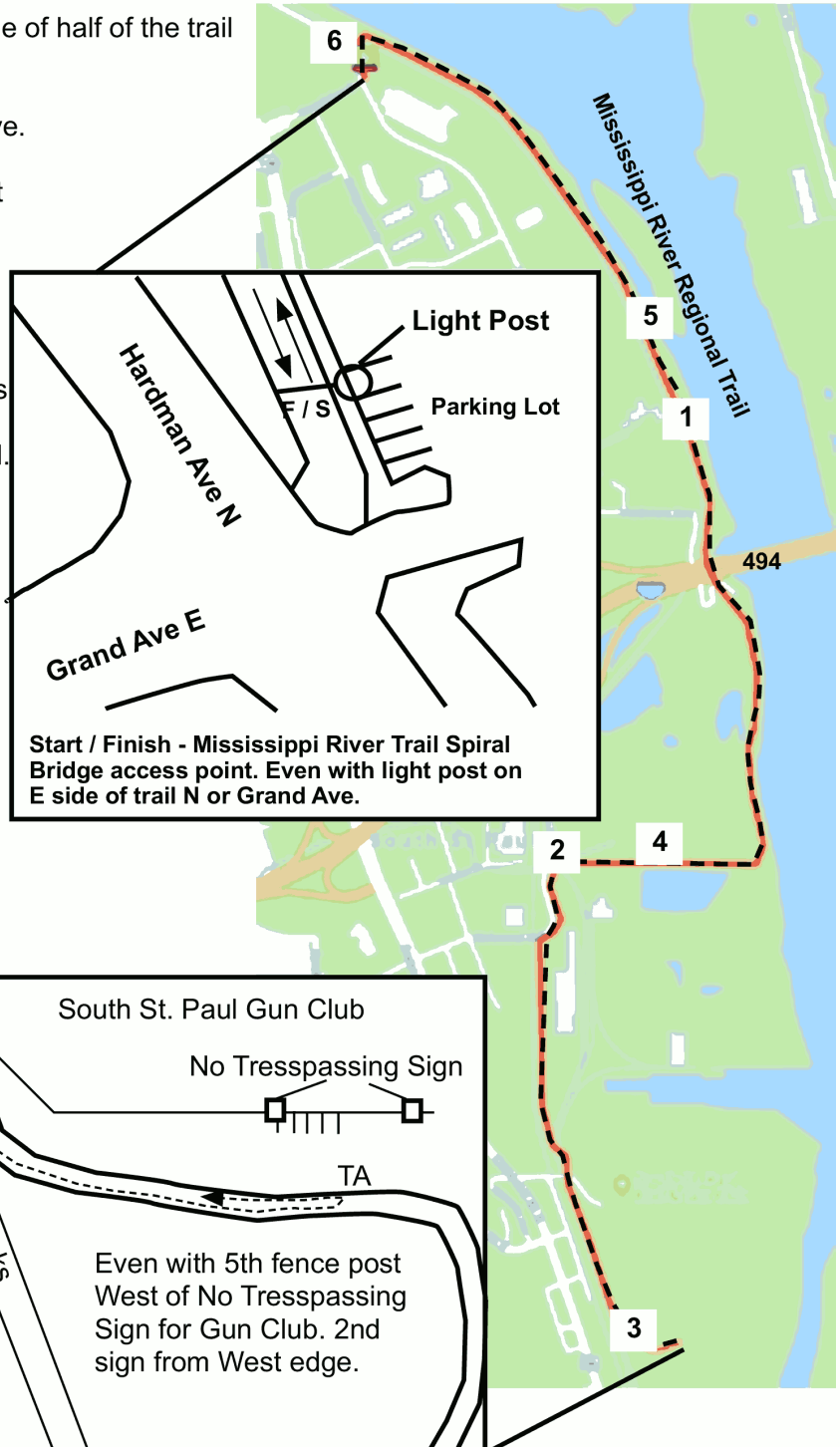
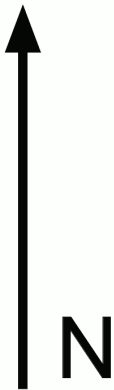
Mile 2: 1m N of electrical box & pole on left side by Magellan Pipeline

Mile 3: 56m SE of last fence post next to Rail Road Tracks

Mile 4: In the tunnel just under the guard rail on S side.

Mile 5: 2m S of Sign  $\frac{3}{4}$  next to RR tracks

Mile 6: 1m N of 2nd Fence at merge of trail.



Measured by:  
Caleb Olsen  
651-335-2794  
caleb@mnrseries.com



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

# *Measurement Certificate*



Name of the course Kaposia Days 10K Distance 10km  
 Location (state) MN (city) S St Paul  
 Type of course: road race  calibration course   
 Measuring method: bicycle  steel tape  electronic distance meter   
 Measured by (name, address, phone & e-mail) Caleb Olsen - 2753 Delaware Av - N St Paul, MN55109 - 651  
335 2794 - caleb@mnrnseries.com  
 Race contact (name, address, phone & e-mail) Mary Anderson - 4047 Camberwell Dr N - Eagan, MN55123  
651 688 9143 - mary@andersonraces.com  
 Date(s) when course measured: Jun 21, 2019  
 Number of measurements of entire course: Two Course Configuration: Out/Back  
 Elevation (meters above sea level) Start 208 Finish 208 Highest 213 Lowest 207  
 Straight line distance between start & finish 0 Drop 0 m/km Separation 0 %  
 Type of surface: paved 100 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %  
 Effective date of certification: Jun 24, 2019 Certification code: MN19034RR

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*** **2029**

**AS NATIONALLY CERTIFIED BY:**

*Rick Recker*

Date: Jun 24, 2019

Rick Recker - USATF/RRTC Certifier  
 19 S 1st St #2203 - 612 375 0805 - rick\_recker@hotmail.com