

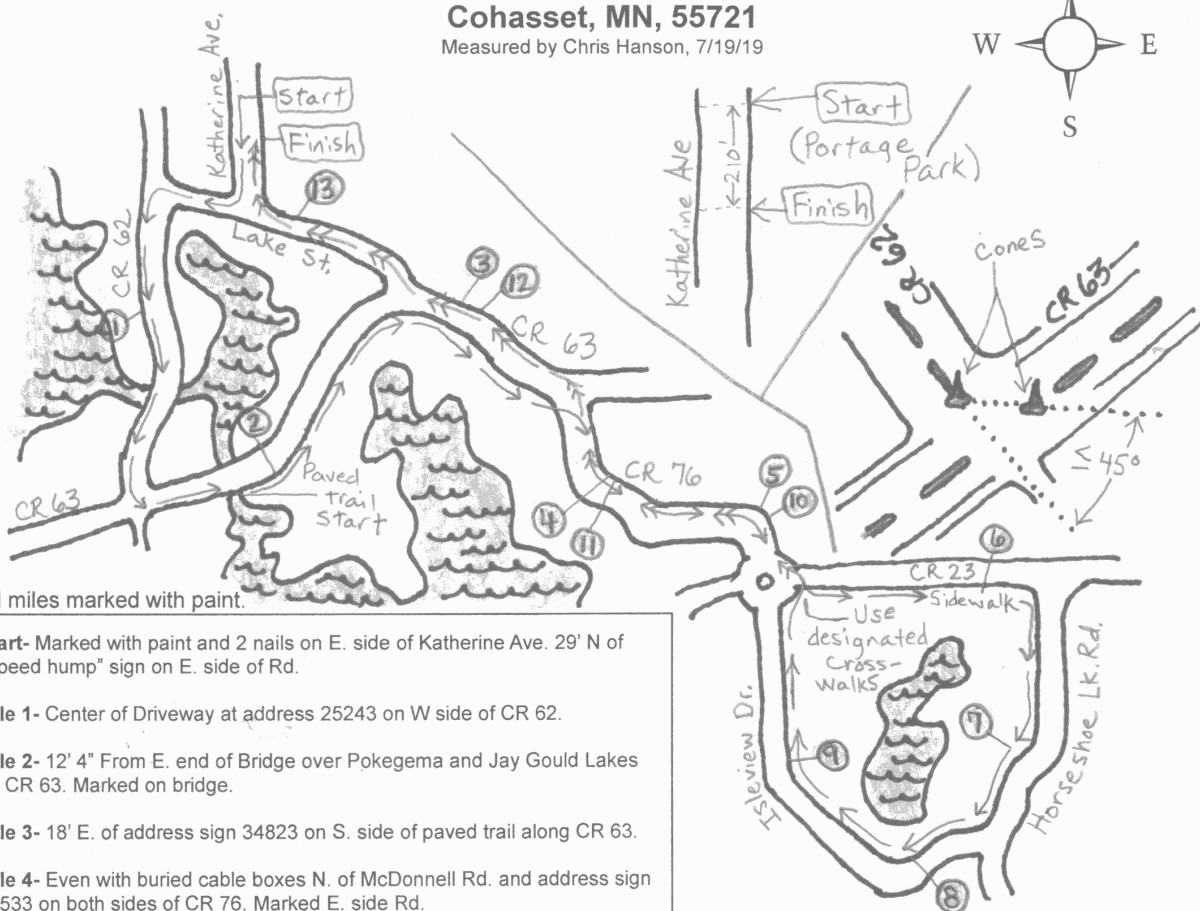
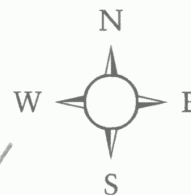
USATF Certified Course #MN19044RR

Effective Aug 3, 2019 - Dec 31, 2029

## Running the Rapids 1/2 Marathon

Cohasset, MN, 55721

Measured by Chris Hanson, 7/19/19



All miles marked with paint.

**Start-** Marked with paint and 2 nails on E. side of Katherine Ave. 29' N of "Speed hump" sign on E. side of Rd.

**Mile 1-** Center of Driveway at address 25243 on W side of CR 62.

**Mile 2-** 12' 4" From E. end of Bridge over Pokegema and Jay Gould Lakes on CR 63. Marked on bridge.

**Mile 3-** 18' E. of address sign 34823 on S. side of paved trail along CR 63.

**Mile 4-** Even with buried cable boxes N. of McDonnell Rd. and address sign 34533 on both sides of CR 76. Marked E. side Rd.

**Mile 5-** E. side of CR 76. 26' N. of Itasca Co. 76 "Great River Road" sign in E. ditch near Forest History Center Entrance (2609 CR 76).

**Mile 6-** 41' E. of light pole on S. side of Golf Course Rd./CR 23 at Essentia Health building (1542 CR 23).

**Mile 7-** On paved path 30' S. of park bench on W. side of Horseshoe Lake Rd. across from address sign 1737.

**Mile 8-** W. side of Paved path on W. side of Horseshoe Lake Rd. GPS coordinates: N 47° 12.070, W 093° 33.313

**Mile 9-** 17' S. of address sign 1801 on E. side of paved trail/Isle View Dr.

**Mile 10-** 22' N. of "JCT Itasca Co. 23" sign located on W. side of CR 76. Mile marked on E. side of CR 76.

**Mile 11-** 246' S. of mailbox 24650 on E. side of CR 76.

**Mile 12-** N. side of CR 63. GPS coordinates N 47° 14.439, W 093° 35.550.

**Mile 13-** 22' 6" W. of buried cable box 6B1 on S. side of Lake St. on property 35595. Marked on N. side of St.

**Finish-** Marked with paint and 2 galvanized nails on E side of Katherine Ave. even with buried cable box 6A1 on E. side of Katherine Ave. near S. entrance to Portage Park parking lot.

Course runs S. on Katherine Ave., then W. on Lake St. and S. on CR 62. Runners restricted RIGHT shoulder of Lake St. and CR 62 by cones and course marshals.

Runners cross CR 63 and stay on RIGHT shoulder of CR 63 .33 mi. to paved trail entrance. (See map detail.)

At intersection of CR 63/CR 76 runners cross CR 76 and turn S., staying on LEFT side of Road.

At roundabout of CR 76/CR 23/Isleview Dr. runners follow designated crosswalks from N. side of CR 23 to Southside sidewalk and continue E., turning S. on on the W. sidewalk of Horseshoe Lk. Rd.

Course continues on the sidewalk/paved path around Horseshoe Lake to Isleview Rd., curving W. and N. back to CR 76/CR 23/Isleview Rd. roundabout, where runners again use designated crosswalks on E. side to return via CR 76 (RIGHT side) and CR 63 (RIGHT side) to Lake St., turning NW and proceeding to final turn N. on Katherine Ave. to finish.

Final legs on Lake St. & Katherine Ave. are unrestricted.

CR 63 and CR 76 restricted to shoulder side of fog line per race management, course marshals, and cones.



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

# *Measurement Certificate*

recognized by



Name of the course Running The Rapids Half Marathon Distance 21.0975km  
 Location (state) MN (city) Cohasset  
 Type of course: road race  calibration course   
 Measuring method: bicycle  steel tape  electronic distance meter   
 Measured by (name, address, phone & e-mail) Chris Hanson - 25282 E Clark Lake Rd - Nisswa, MN56468  
218 820 1300 - christopher.hanson@isd181.org  
 Race contact (name, address, phone & e-mail) Nick Rothstein - 104 Donovan Dr - Grand Rapids, MN55744  
218 259 0260 - ncrothstein@gmail.com  
 Date(s) when course measured: Jul 19, 2019  
 Number of measurements of entire course: Two Course Configuration: Loop  
 Elevation (meters above sea level) Start 393 Finish 395 Highest 424 Lowest 390  
 Straight line distance between start & finish 60m Drop -.095 m/km Separation .284 %  
 Type of surface: paved 100 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %  
 Effective date of certification: Aug 3, 2019 Certification code: MN19044RR

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: Aug 3, 2019

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