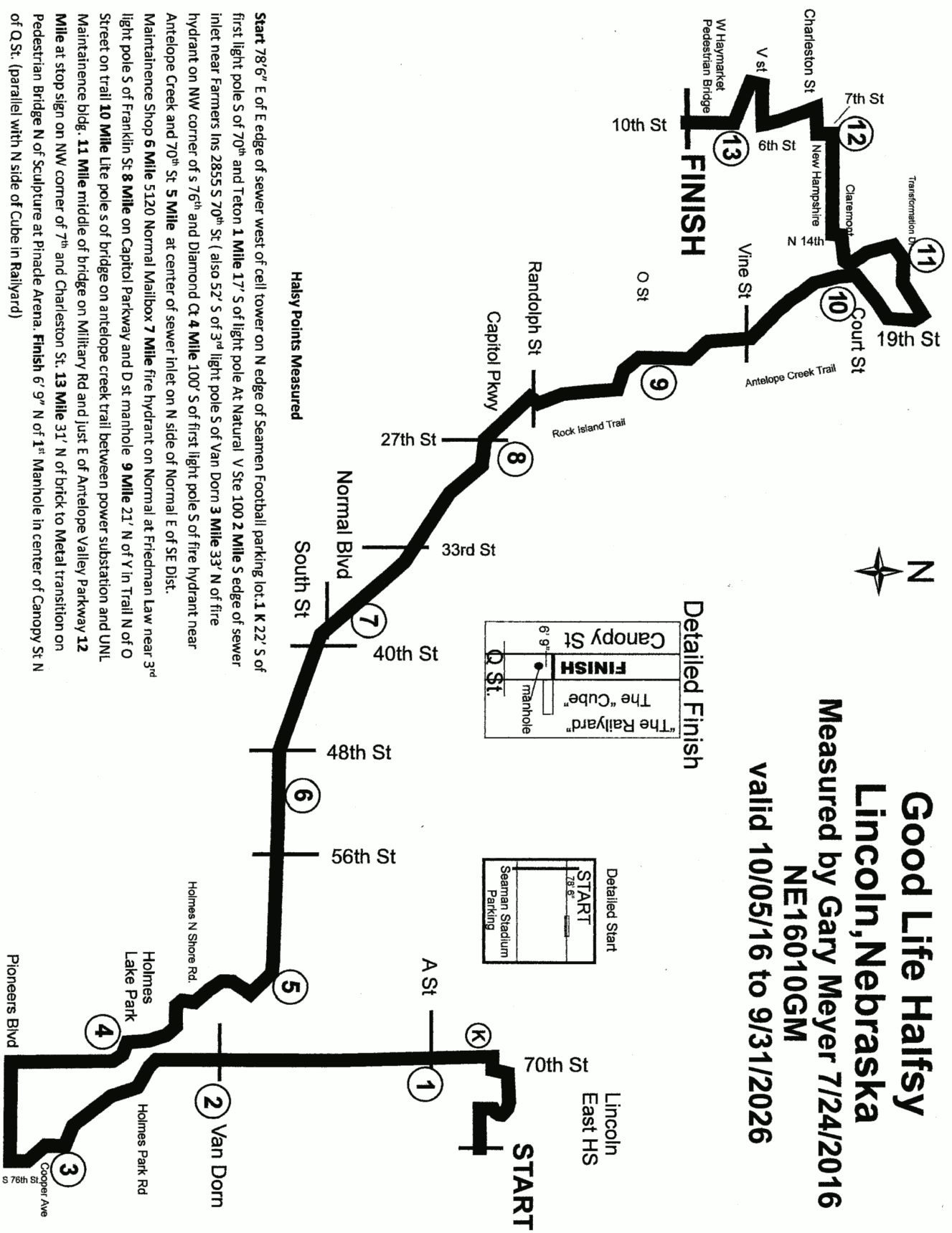




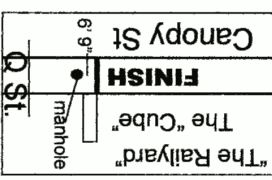
Good Life Halfsy Lincoln, Nebraska

Measured by Gary Meyer 7/24/2016
NE16010GM
valid 10/05/16 to 9/31/2026

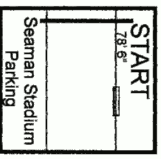


Start 78' 6" E of E edge of sewer west of cell tower on N edge of Seamen Football parking lot. 1 K 22' S of first light pole S of 70th and Teton 1 Mile 17' S of light pole At Natural V Ste 100 2 Mile S edge of sewer inlet near Farmers Ins 2855 S 70th St (also 52' S of 3rd light pole S of Van Dorr 3 Mile 33' N of fire hydrant on NW corner of s 76th and Diamond Ct 4 Mile 100' S of first light pole S of fire hydrant near Antelope Creek and 70th St 5 Mile at center of sewer inlet on N side of Normal E of SE Dist. Maintenance Shop 6 Mile 5120 Normal Mailbox 7 Mile fire hydrant on Normal at Friedmann Law near 3rd light pole S of Franklin St 8 Mile on Capitol Parkway and D st manhole 9 Mile 21' N of Y in Trail N of O Street on trail 10 Mile Lite pole s of bridge on antelope creek trail between power substation and UNL Maintenance bldg. 11 Mile middle of bridge on Military Rd and just E of Antelope Valley Parkway 12 Mile at stop sign on NW corner of 7th and Charleston St. 13 Mile 31' N of brick to Metal transition on Pedestrian Bridge N of Sculpture at Pinacle Arena. **Finish** 6' 9" N of 1st Manhole in center of Canopy St N of Q St. (parallel with N side of Cube in Rallyard)

Detailed Finish



Detailed Start





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



Name of the course GOOD LIFE HALFSY Distance 21.0975KM
 Location (state) Nebraska (city) Lincoln
 Type of course: road race calibration course track
 Measuring methods: bicycle steel tape electronic distance meter
 Measured by (name, address, phone & e-mail) Gary Meyer, 5822 Ohio St, Omaha, NE
402-681-5515, gfmeyer.gm@gmail.com
 Race contact (name, address, phone & e-mail) Ben Cohoon, 2143 Lake St, Lincoln NE, 68502
402 770-1170, ben@goodlifehalsy.com
 Date(s) when course measured: 7/17/2016
 Number of measurements of entire course: 2 Course Configuration: point to point
 Elevation (meters above sea level) Start 390m Finish 346m Highest 403m Lowest 351m
 Straight line distance between start & finish 7.837k Drop 2.09 m/km Separation 33.18 %
 Type of surface: paved 100 % dirt _____ % gravel _____ % grass _____ % track _____ %
 Effective date of certification: 10/5/2016 Certification code: NE16010GM

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 **2026**

AS NATIONALLY CERTIFIED BY:

Gary Meyer

Date: 10/5/2016

Name – USATF/RRCA Certifier: Gary R Meyer
 Address: 5822 Ohio St, Omaha, NE 68104 Phone: 402-681-5515 E-mail: gfmeyer.gm@gmail.com