

# F^3 Lake 5k

## Chicago, IL

Measured by Zach Edmonson: ON 12/08/2018

[zach@f3running.com](mailto:zach@f3running.com)

**USATF Certificate**  
**IL18060NM**  
**Effective**  
**Jan. 25, 2019 - Dec. 31, 2028**



**START:** Soldier Field promenade, even with light pole that is between Door 2 and Door 0, 6 ft S of light pole.

**MILE 1:** Lakefront Trail bike path, 43.7 ft S of 3<sup>rd</sup> westside light pole that is S of Waldron Drive.

**MILE 2:** Lakefront Trail bike path, 12.5 ft S of 2<sup>nd</sup> light pole S of northernmost sidewalk leading to Ft. Dearborn angled parking area.

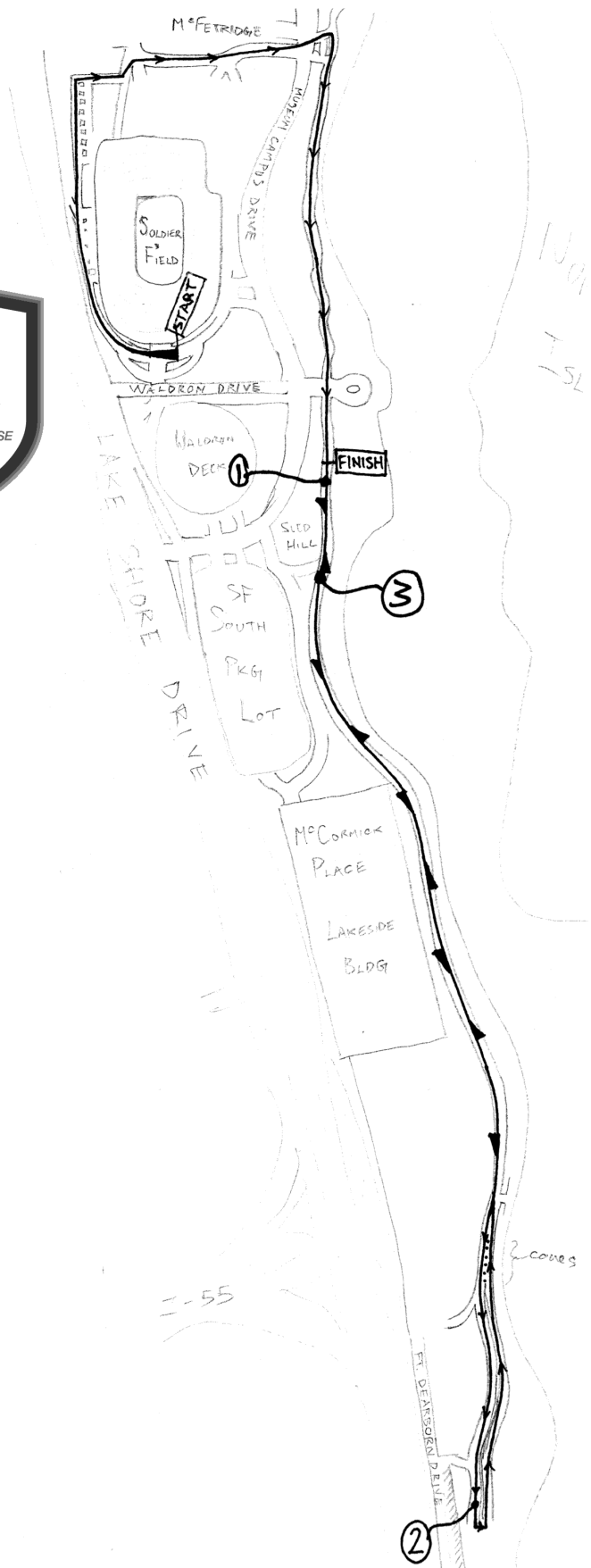
**TA:** Lakefront Trail bike path, 7.8 ft S of 4<sup>th</sup> light pole S of northernmost sidewalk leading to Ft. Dearborn angled parking area.

**MILE 3:** Lakefront Trail bike path, 12.1 ft S of light pole that is S of the Sledding Hill.

**FINISH:** Lakefront Trail bike path, 65.5 ft S of the 2<sup>nd</sup> westside light pole that is S of Waldron Drive.



MAP NOT TO SCALE





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

# *Measurement Certificate*



Name of the course F3 Lake 5k Distance 5 km  
 Location (state) IL (city) Chicago  
 Type of course: road race  calibration course   
 Measuring method: bicycle  steel tape  electronic distance meter   
 Measured by (name, address, phone & e-mail) Zach Edmonson, 1116 Garfield St #1822, Oak Park, IL 60304,  
(312) 972-9323, zach@brrm.com  
 Race contact (name, address, phone & e-mail) Zach Edmonson, 1116 Garfield St #1822, Oak Park, IL 60304,  
(312) 972-9323, zach@f3running.com  
 Date(s) when course measured: Dec. 8, 2018  
 Number of measurements of entire course: 2 Course Configuration: Keyhole  
 Elevation (meters above sea level) Start 180 m Finish 181 m Highest 187 m Lowest 179 m  
 Straight line distance between start & finish 268 m Drop -0.20 m/km Separation 5.36 %  
 Type of surface: paved 100 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %  
 Effective date of certification: Jan. 25, 2019 Certification code: IL18060NM

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* 2028

**AS NATIONALLY CERTIFIED BY:**

Date: Feb. 3, 2019

Neyl A Marquez | USATF/RRTC Certifier  
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