

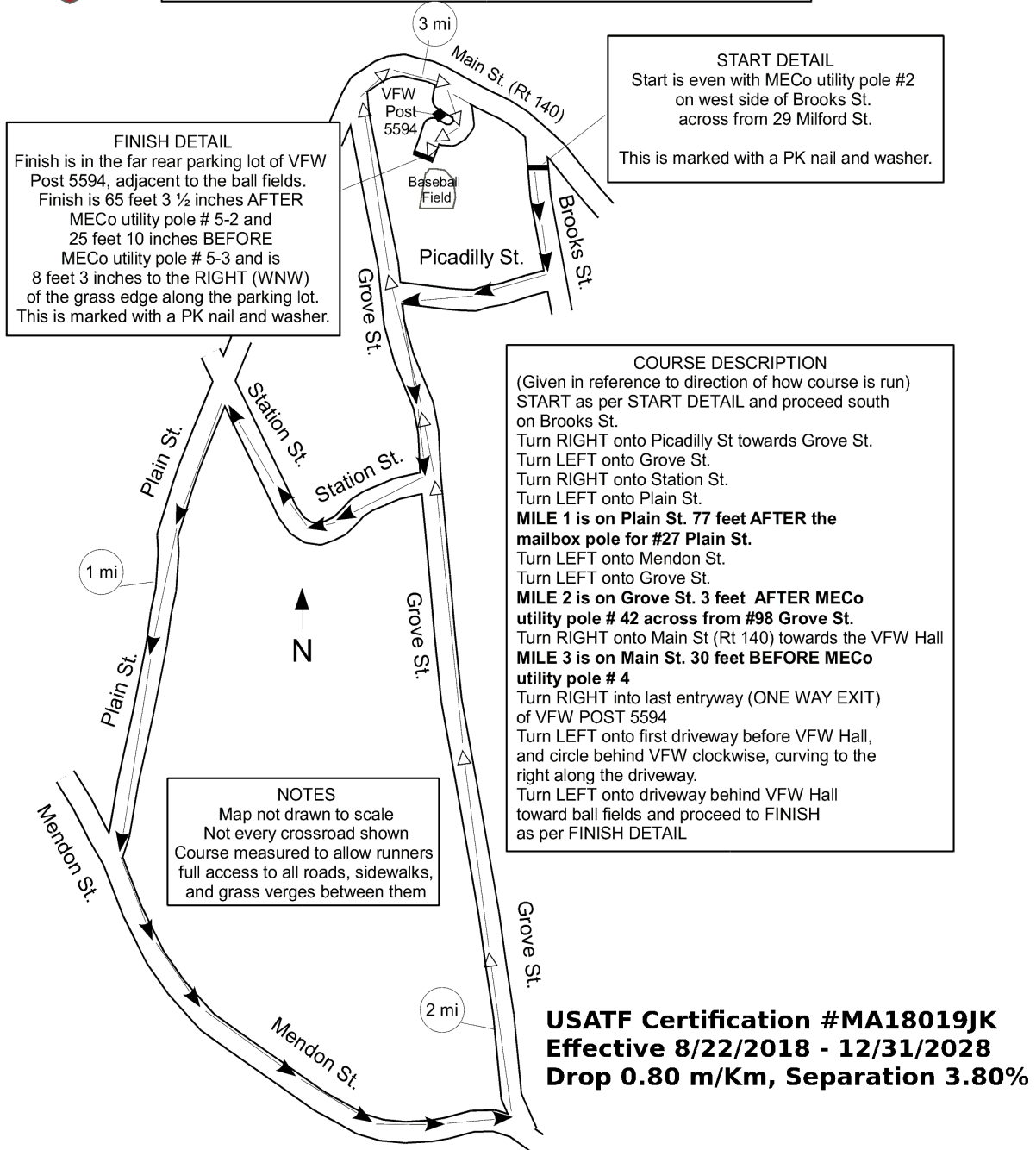


Upton VFW Run to Remember 5K Road Race Upton, MA

Measured On Aug 12, 2018 by Mark Capparella

Tri-Valley Front Runners

E-mail: mark_capparella@waters.com / cell: 508 740 7836





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



Name of the course Upton VFW Run to Remember 5K Road Race Distance 5 km
Location (state) MA (city) Upton
Type of course: road race ☒ calibration course ☐
Measuring method: bicycle ☒ steel tape ☐ electronic distance meter ☐
Measured by (name, address, phone & e-mail) Mark Capparella, 30 Scott Hill Blvd, Bellingham MA 02019
508-740-7836; mark_capparella@waters.com
Race contact (name, address, phone & e-mail) Dave Kennedy, VFW Post #5594, PO Box 472,
Upton MA 01568; 508-320-7132; dbkenn69@aol.com
Date(s) when course measured: Aug 12, 2018
Number of measurements of entire course: 2 Course Configuration: figure 8, one time
Elevation (meters above sea level) Start 95 m Finish 91 m Highest 96 m Lowest 83 m
Straight line distance between start & finish 190 m Drop 0.80 m/km Separation 3.80 %
Type of surface: paved 100 % dirt - % gravel - % grass - % track - %
Effective date of certification: Aug 22, 2018 Certification code: MA18019JK

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: Aug 24, 2018

Justin Kuo • USATF/RRTC Course Certifier • 39 Oakland Road, Brookline, MA 02445-6700

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