

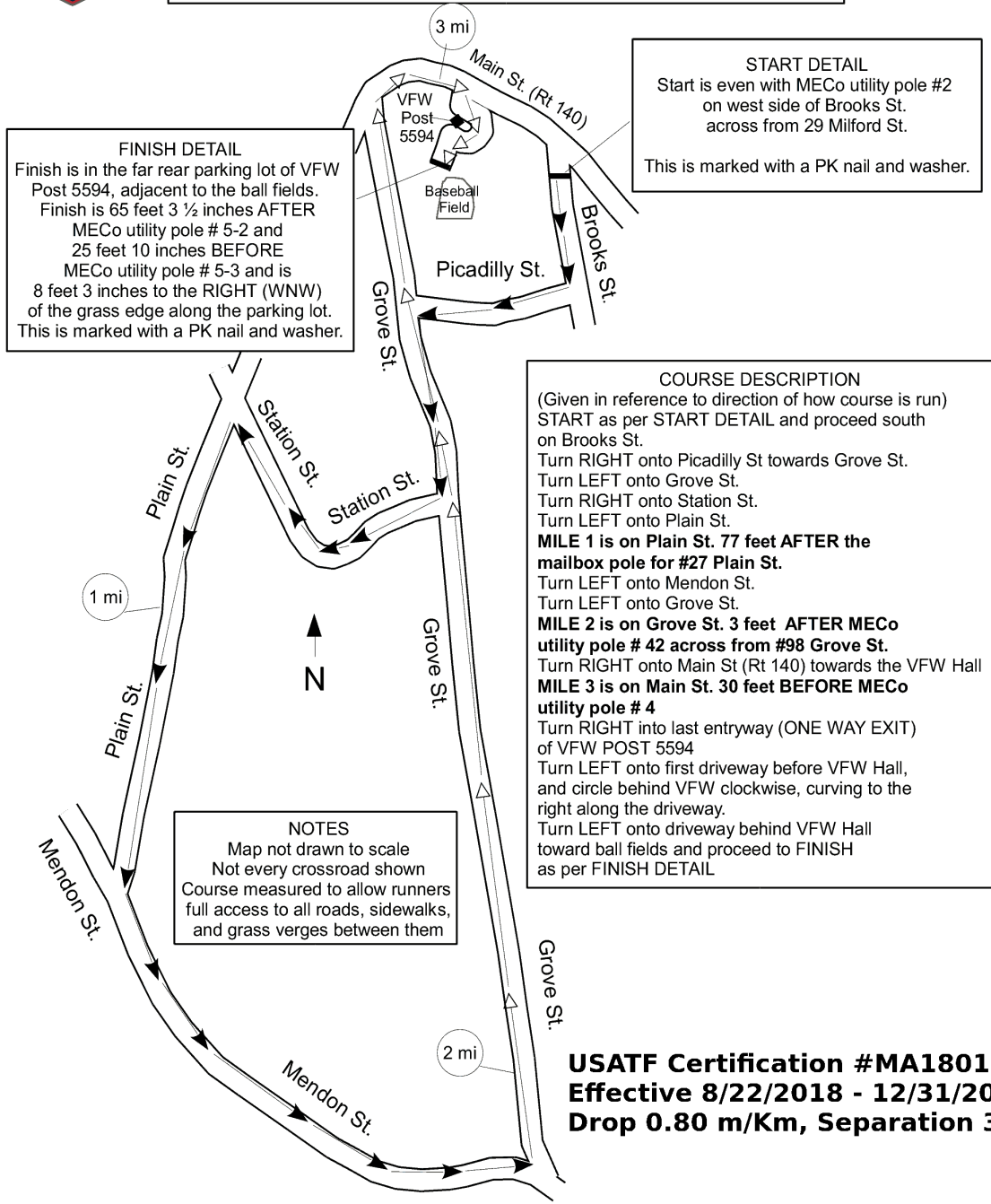


Upton VFW Run to Remember 5K Road Race

Upton, MA

Measured On Aug 12, 2018 by Mark Capparella
Tri-Valley Front Runners

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FINISH DETAIL
Finish is in the far rear parking lot of VFW Post 5594, adjacent to the ball fields.
Finish is 65 feet 3 1/2 inches AFTER MECo utility pole # 5-2 and 25 feet 10 inches BEFORE MECo utility pole # 5-3 and is 8 feet 3 inches to the RIGHT (WNW) of the grass edge along the parking lot. This is marked with a PK nail and washer.

START DETAIL
Start is even with MECo utility pole #2 on west side of Brooks St. across from 29 Milford St. This is marked with a PK nail and washer.

COURSE DESCRIPTION
(Given in reference to direction of how course is run)
START as per START DETAIL and proceed south on Brooks St.
Turn RIGHT onto Picadilly St towards Grove St.
Turn LEFT onto Grove St.
Turn RIGHT onto Station St.
Turn LEFT onto Plain St.
MILE 1 is on Plain St. 77 feet AFTER the mailbox pole for #27 Plain St.
Turn LEFT onto Mendon St.
Turn LEFT onto Grove St.
MILE 2 is on Grove St. 3 feet AFTER MECo utility pole # 42 across from #98 Grove St.
Turn RIGHT onto Main St (Rt 140) towards the VFW Hall
MILE 3 is on Main St. 30 feet BEFORE MECo utility pole # 4
Turn RIGHT into last entryway (ONE WAY EXIT) of VFW POST 5594
Turn LEFT onto first driveway before VFW Hall, and circle behind VFW clockwise, curving to the right along the driveway.
Turn LEFT onto driveway behind VFW Hall toward ball fields and proceed to FINISH as per FINISH DETAIL

NOTES
Map not drawn to scale
Not every crossroad shown
Course measured to allow runners full access to all roads, sidewalks, and grass verges between them

USATF Certification #MA18019JK
Effective 8/22/2018 - 12/31/2028
Drop 0.80 m/Km, Separation 3.80%



**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:

Justin Kuo

Date: Aug 24, 2018

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