

USATF Certificate
MI19020MN

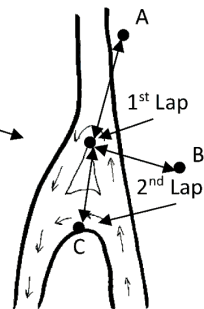
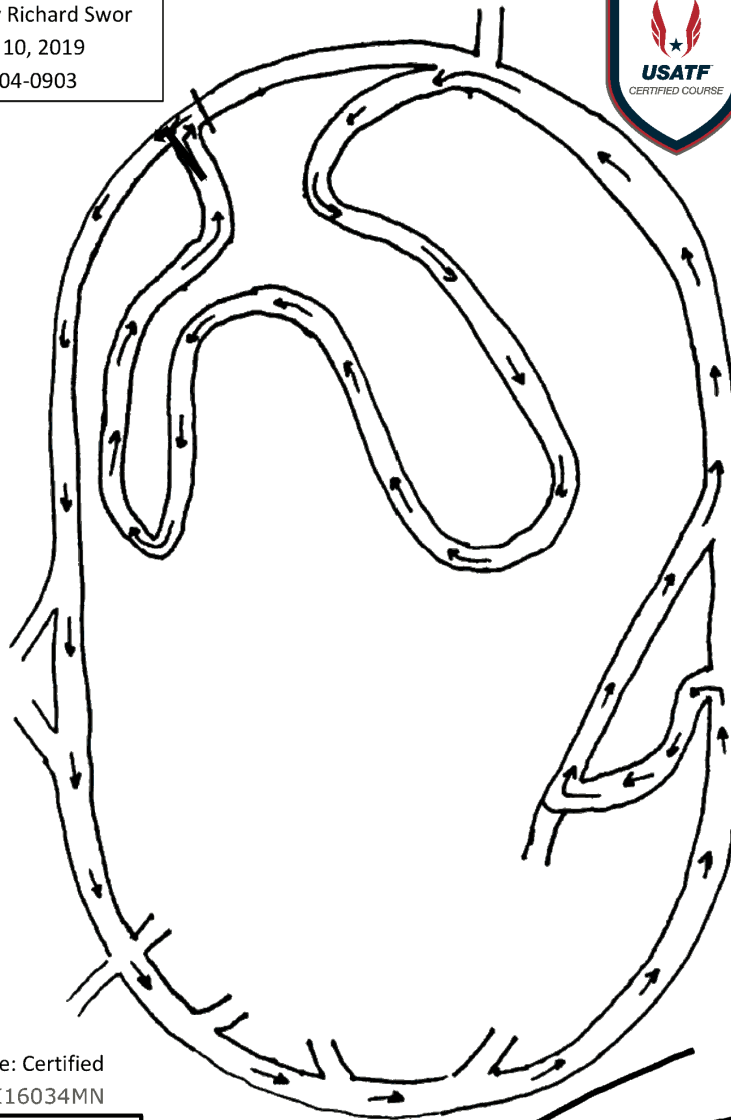
Prove It 10k
Milford, MI
Measured by Richard Swor
on June 10, 2019
(313) 304-0903



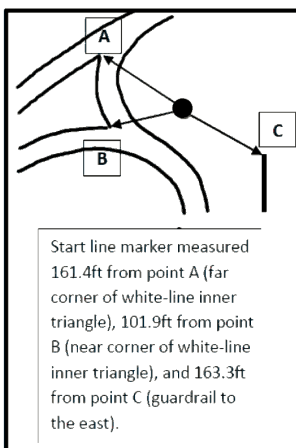
Effective Dates
22-AUG-2019 to 31-DEC-2029

Directions

Start at start line marked by pk nail
Turn wide L at 5th left, keeping cones to left side
Turn R at T in the road
Slight L onto main oval
Turn L at next L
Turn L to start second lap
Turn short L at 5th left, keeping cones to right side
Turn R at T in the road
Slight L onto main oval
Turn L at next L
Turn R to finish at marked line



For Reference: Certified
5k Course MI16034MN



Start/finish line is marked with a pk nail measured at 32ft 9in SW of pk nail for certified 5k course (A) and 78ft 6in NE of closest corner of painted triangular lane line (B)

On the first lap of the course, runners will run around the corner keeping close to the left curb, on the second lap, they will run out around the cone on the far corner of the painted median. This point is measured at 149ft 6in from the nearest signpost to the N (A), 155ft from the nearest signpost to the E (B), and 116ft 5in from the apex of the turn.



Road Running Technical Council
USA Track & Field
Measurement Certificate



Name of course Prove It 10k Distance 10 km
Location (state) Michigan (city) Milford
Type of course: ☒ road race ☐ calibration ☐ track
Measuring Methods: ☒ bicycle ☐ steel tape ☐ electronic distance meter
Measured by (name, address, phone & e-mail) Richard Swor
5310 Weeping Cherry Drive, Browns Summit, NC, 27214, 313-304-0903, rich@triviumracing.com
Race Contact (name, address, phone & email) Richard Swor
5310 Weeping Cherry Drive, Browns Summit, NC, 27214, 313-304-0903, rich@triviumracing.com
Date(s) when course measured: Jun. 10, 2019
Course Configuration: Multiple loops Number of measurements of entire course: 2
Elevation (meters above sea level) Start 329 m Finish 329 m Highest 355 m Lowest 316 m
Straight line distance between start & finish 0 m Drop 0 m/km Separation 0.0%
Type of Surface: Paved 100% Dirt 0% Gravel 0% Grass 0% Track 0%
Effective date of certification: Aug 22, 2019 Certification code: MI19020MN

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


Mark Neal • USATF/RRTC Certifier
323 Griggs Street, Rochester, MI, 48307 • 248-894-3846 • runnermark@gmail.com

Date: Sep. 01, 2019