

Independence Day 5K

Course Description

5K Route circles Lake Harriet once running counterclockwise using Lk Harriet Parkway

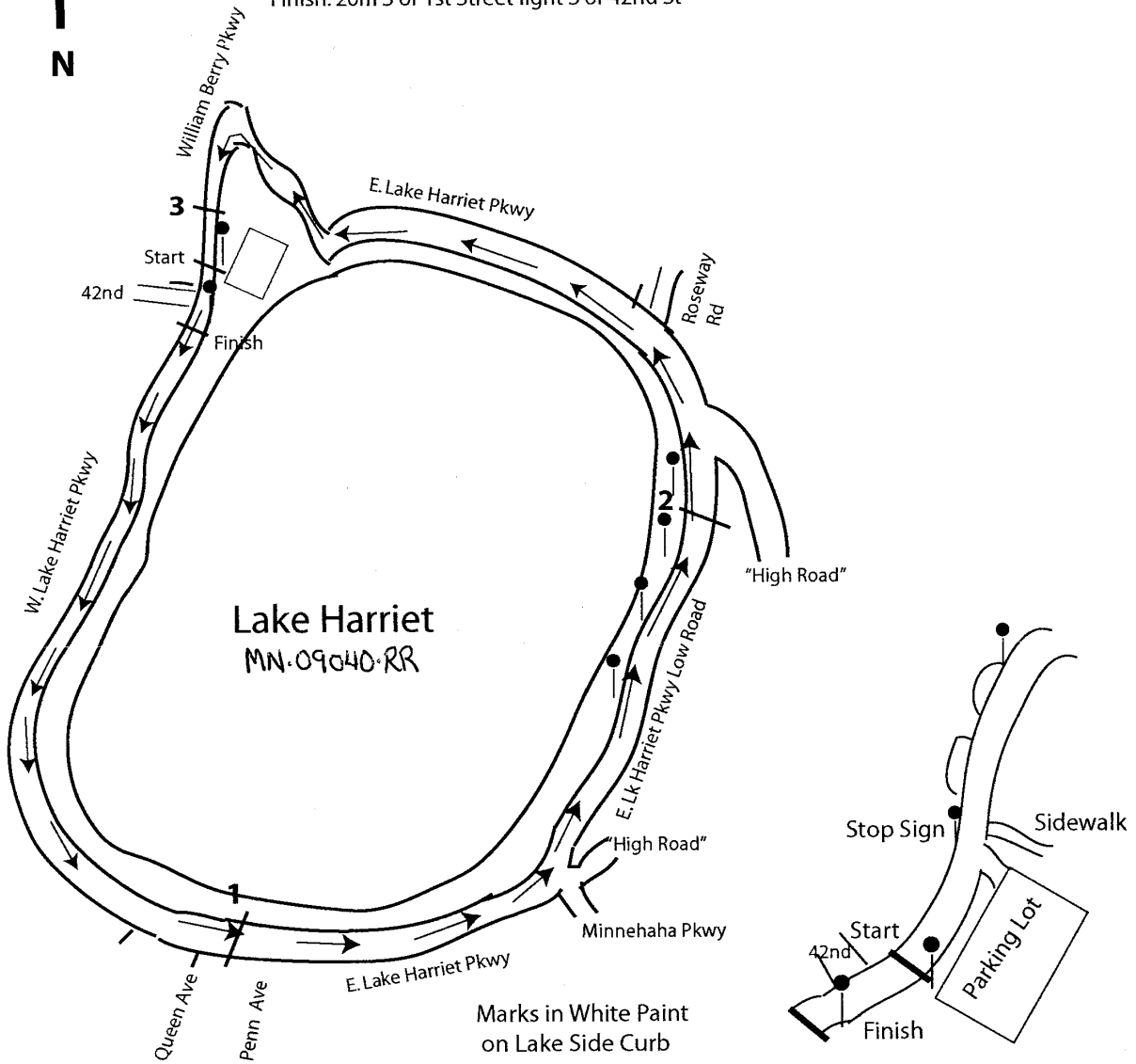
Start: 1 foot S of 1st Street Light (on E - Lake Side) N of 42nd St

Mile 1: At center of manhole in center of Lake Harriet Blvd between Queen and Penn

Mile 2: 43m S of 1st streetlight S of stop sign at north intersection of high/low roads, marked on lake side

Mile 3: 29m N of 1st street light S of N end of bandshell parking lot.

Finish: 20m S of 1st Street light S of 42nd St



CERTIFICATE EFFECTIVE FROM 7.1.19 TO 12.31.19



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

recognized by



Name of the course LAKE HARRIET 4th Distance 5km
 Location (state) MN (city) MINNEAPOLIS
 Type of course: road race calibration track Configuration: LOOP
 Type of surface: paved 100 % dirt % gravel % grass % track %
 Elevation (meters above sea level) Start 256 Finish 256 Highest 270 Lowest 256
 Straight line distance between start & finish 6m Drop 0 m/km Separation 1.2 %
 Measured by (name, address, phone & e-mail) BARB LEININGER / 901 N. 3RD ST. #414 / MINNEAPOLIS, MN 55401
612 644 8185 / BARB@RUNNINGVENTURES.COM
 Race contact (name, address & phone) SAME

Measuring Methods: bicycle steel tape electronic distance meter
 Number of measurements of entire course: TWO Date(s) when course measured: 6.30.9
 Race date: 7.4.9 Course certification effective date: 6.30.9
 Replaces: (if applicable) Certification code: MN-09040-RR

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.

Validation of Course — In the event a National Open Record is set on this course, or at the discretion of USA Track & Field, a validation 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 **2019**

AS NATIONALLY CERTIFIED BY:

Rick Recker

Date: 7.1.9

Rick Recker – USATF/RRTC National Certifier
 19 S. 1st St. #2203, Minneapolis, MN 55401, 612 375 0805, rick_recker@hotmail.com

MN-09040-RR