Team Ortho Monster 10 Mile Race Oct 31, 2009 MN 09 071 RR

Start on E Lake Harriet Pky S of W 43rd St, run N, curving W, then N, then W (left) & S on W Lake Harriet Pky, S (right) on Minnehaha Pky, follow vehicle traffic route, N (left) on 14th Ave S, W (left) on 49th St, S (left) on 13th Ave S, W (right) on Minnehaha Pky following vehicle route, N (right) on E Lake Harriet Pky, curving W, finish near the boathouse.

Start: E Lk Harriet Pky 25.6 m S of lamp post at concrete fishing/viewing stand, which is about 650 m (0.4 mi) N of W Mhaha Pky and 265 m (0.16 mi) S of W 43rd St.

Mi 1: W Lk Harriet Pky N drain grate across from first parking zone S of Wm Berry Pky.

Mi 2: W Lk Harriet Pky lamp post at Sheridan Ave S.

Mi 3: W Mhaha Pky at big wooden sign "Minnehaha Parkway" on NE corner with 50th St W.

Mi 4: W Mhaha Pky eastbound 1 M W of lamp post opposite 311.

Mi 5: E Mhaha Pky sidewalk at 549.

Mi 6: E Mhaha Pky sidewalk at 1100.

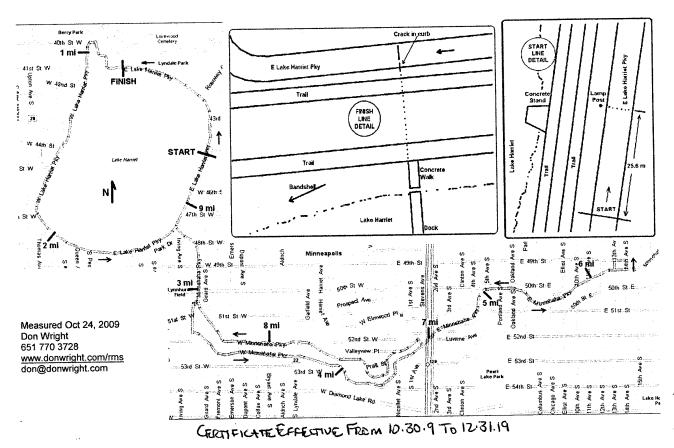
Mi 7: E Mhaha Pky center of W-most pier supporting I-35W.

Mi 8: W Mhaha Pky westbound 5 m W of sidewalk at 908.

Mi 9: E Harriet Pky 1 m N of 4th lamp post N of W Mhaha Pky

Finish: E Harriet Pky crack in S curb even with W edge of concrete walk to/from dock. Shared w Half Marathon.

Marked on the curb in red paint.





Road Running Technical Council USA Track & Field



Measurement Certificate

Name of the course Monster Distance 10M
Location (state) MN (city) MinuEAPELIS
Type of course: road race Calibration track Configuration: Configuration: Configuration:
Type of surface: paved 100 % dirt % gravel % grass % track %
Elevation (meters above sea level) Start 259 Finish 259 Highest 263 Lowest 252
Straight line distance between start & finish 953m Drop Ø m/km Separation 5.9 %
Measured by (name, address, phone & e-mail) Don Wrught 2069 LANT FLMS AU. N. LAKE ELMO MN 55042
<u>(5) 770 3728</u>
Race contact (name, address & phone) CALEB OLSEN 1170 15Th Au. S. E. # 307 MINNEAPOWS MN 55414
612 968 9110
Measuring Methods: bicycle ⊠ steel tape □ electronic distance meter □
Number of measurements of entire course: Two Date(s) when course measured: 10.24.9
Race date: 10.31.9 Course certification effective date: 10.30.9
Replaces:(if applicable) Certification code:MN 09671 RR
Notice to Race Director Use this Certification Code in <i>all</i> public announcements relating to your race.
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Use this Certification Code in <i>all</i> public announcements relating to your race.
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 chart then all
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Use this Certification Code in all public announcements relating to your race. 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.
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19 S. 1st St. #2203, Minneapolis, MN55401, 612 375 0805, rick_recker@hotmail.com