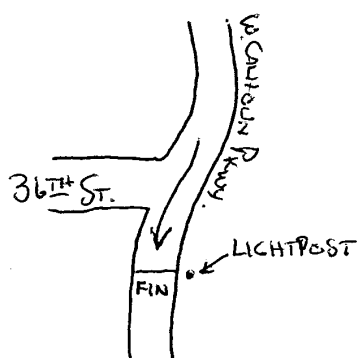
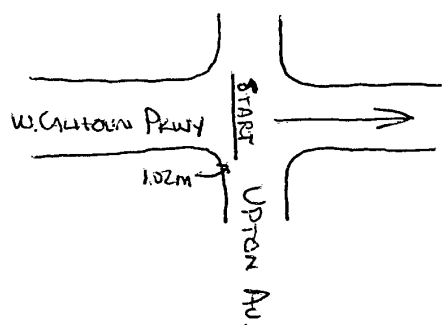


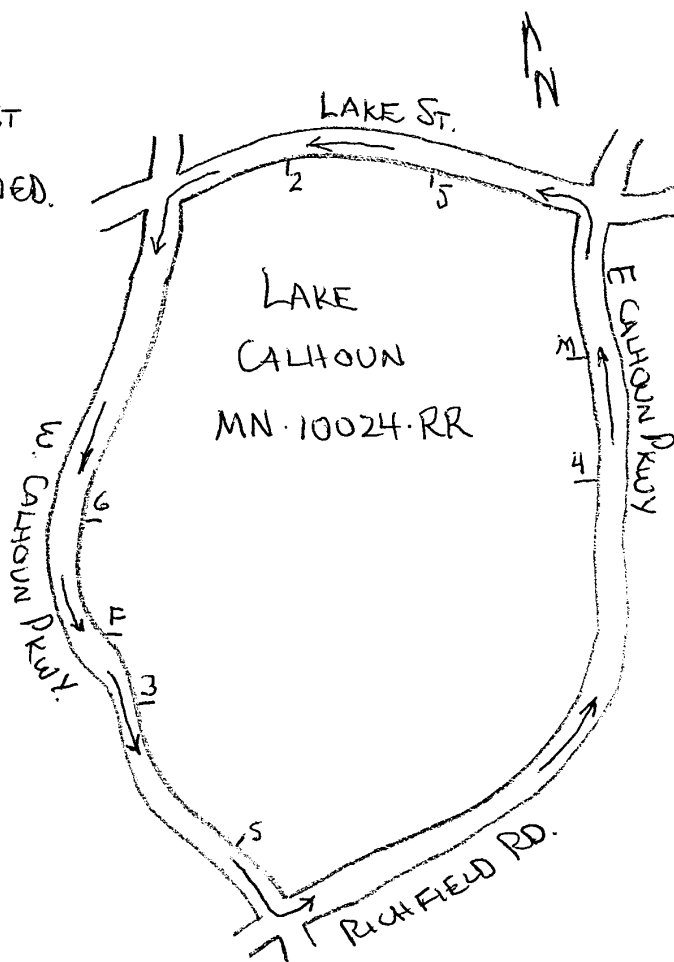
DESCRIPTION: PARTICIPANTS MAY  
USE ALL OF ROADWAY CLOSEST  
TO LAKE TO GAIN THE SHORTEST  
POSSIBLE ROUTE. SPLITS RECORDED.

START: 1.02m E. OF W CURB  
OF UPTON AV.



FINISH: 1<sup>st</sup> LIGHTPOST S. OF 36<sup>TH</sup> ST.

CERTIFICATE EFFECTIVE FROM 7.5.10 TO 12.31.20





Road Running Technical Council  
USA Track & Field

# Measurement Certificate

recognized by



Name of the course HENN - LAKE Distance 10km

Location (state) MN (city) MINNEAPOLIS

Type of course: road race ☒ calibration ☐ track ☐ Configuration: Loop x 2

Type of surface: paved 100 % dirt        % gravel        % grass        % track        %

Elevation (meters above sea level) Start 244 Finish 244 Highest 248 Lowest 242

Straight line distance between start & finish 450m Drop 0 m/km Separation 4.5 %

Measured by (name, address, phone & e-mail) RICK RECKER / 19 S. 1<sup>st</sup> St. # 2203 / MINNEAPOLIS, MN 55401  
612.375.0805 / RICK\_RECKER@HOTMAIL.COM

Race contact (name, address & phone) CHRIS FULLER / 1043 GRAND AV. # 314 / ST. PAUL, MN 55105  
651 228 1986

Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐

Number of measurements of entire course: Two Date(s) when course measured: 7.5.10

Race date: 8.1.10 Course certification effective date: 7.5.10

Replaces:        (if applicable) Certification code: MN.10024.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 2020

AS NATIONALLY CERTIFIED BY:

RICK RECKER

Date: 7.5.10

Rick Recker - USATF Certifier

19 S. 1st St. #2203, Minneapolis, MN 55401, 612 375 0805, rick\_recker@hotmail.com

MN10024RR