

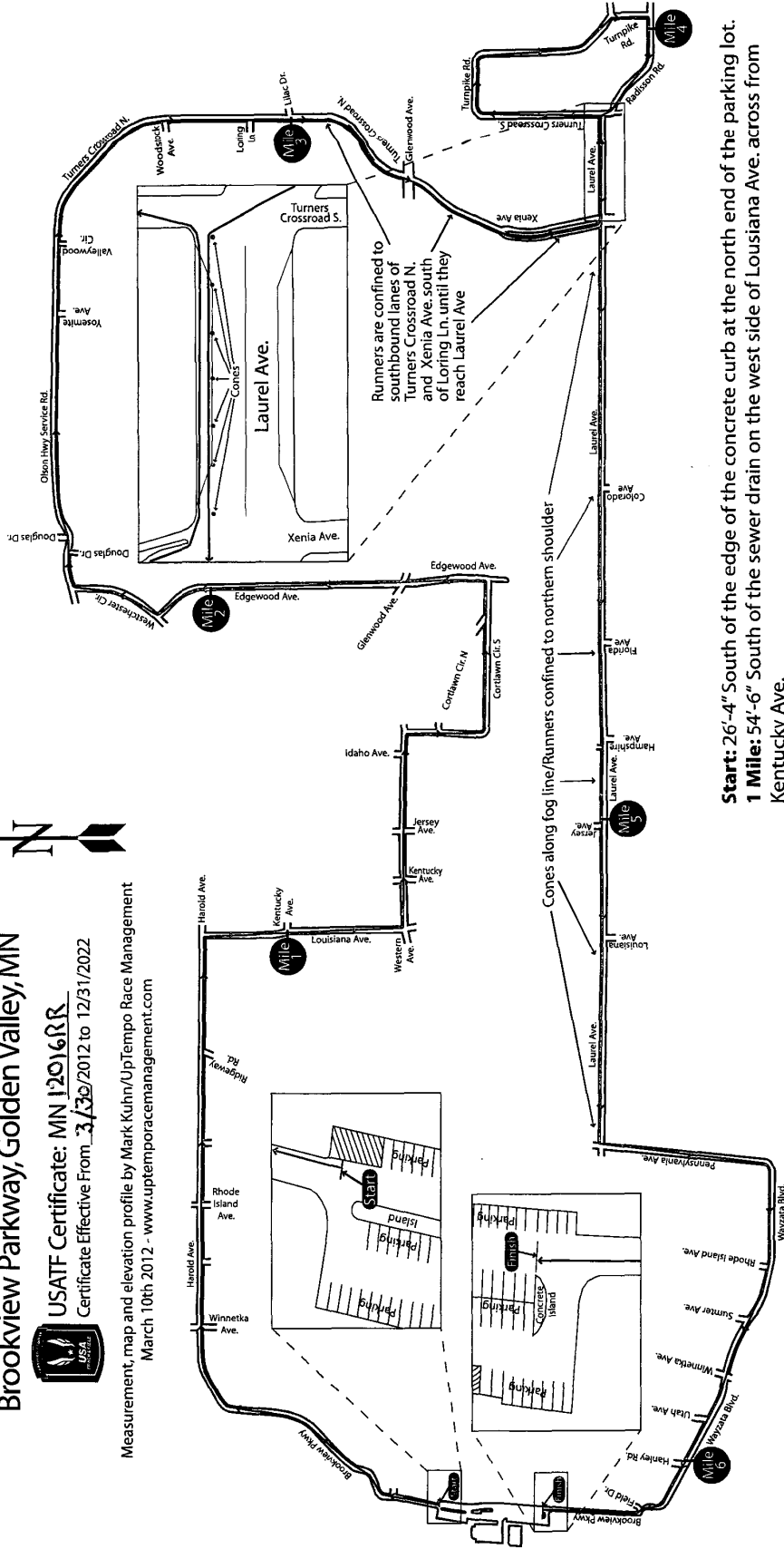
Run the Valley 10K

Brookview Parkway, Golden Valley, MN



USATF Certificate: MN 12016RR
 Certificate Effective From 3/30/2012 to 12/31/2022

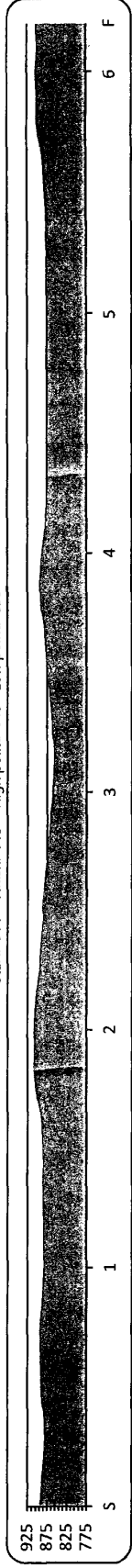
Measurement, map and elevation profile by Mark Kuhn/UpTempo Race Management
 March 10th 2012 - www.uptemporacemanagement.com



Course is to scale. Runners have full access to road unless otherwise noted. Running south along Turners Crossroad N. and Xenia, south of Lilac Dr., runners are limited to the southbound lanes only until they reach Laurel Ave. Once on Laurel Ave. two way running traffic exists between Xenia Ave. and Turners Crossroad S., eastbound runners will stay left along the curb and west bound runners will stay left along the fog line which is marked with cones. Runners running west on Laurel Ave. are confined to the northern shoulder by cones along the fog line until they reach Pennsylvania Ave.

- Start:** 26'-4" South of the edge of the concrete curb at the north end of the parking lot.
1 Mile: 54'-6" South of the sewer drain on the west side of Louisiana Ave. across from Kentucky Ave.
2 Mile: 34'-5" North of the fire hydrant in front 329 Edgewood Ave.
3 Mile: 19'-8" North of man hole cover on Turners Crossroad N. at Lilac Dr.
4 Mile: On Radisson Rd., 60' west of the western edge of Turnpike Rd.
5 Mile: On Laurel Ave. 33'-6" east of the eastern edge of Jersey Ave.
6 Mile: On Wayzata Blvd., at the sewer drain in front of 855 Hanley Blvd.
Finish: Lined up with the northern edge of crecent shaped concrete curb island at the southern end of the parking lot.

Start: 904' Finish: 913' High point: 915 Low point: 858'





Road Running Technical Council
USA Track & Field
Measurement Certificate



Name of the course Run The Valley Distance 10km
 Location (state) MN (city) Golden Valley
 Type of course: road race calibration track Configuration: Figure 8
 Type of surface: paved 100 % dirt _____ % gravel _____ % grass _____ % track _____ %
 Elevation (meters above sea level) Start 276 Finish 278 Highest 279 Lowest 262
 Straight line distance between start & finish 210m Drop -.2 m/km Separation 2.1 %
 Measured by (name, address, phone & e-mail) Mark Kuhn-2949 Ewing Av N - Robbinsdale, MN55422
612 816 6696 - mark@uptemporaces.com
 Race contact (name, address & phone) Jeanne Flacker - 200 Brookview Pkwy - Golden Valley,
MN55426 - 763 512 2340
 Measuring Methods: bicycle steel tape electronic distance meter
 Number of measurements of entire course: Two Date(s) when course measured: Mar 10, 2012
 Race date: Apr 14, 2012 Course certification effective date: Mar 30, 2012
 Replaces: _____ (if applicable) Certification code: MN12016RR

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 **2011**

AS NATIONALLY CERTIFIED BY:

Dick Recker

Date: Mar 30, 2012

Name – USATF/RRTC National Certifier
 Address Phone E-mail