

- Start:** 32'-3" South of the Finish Line
- 1 Mile:** 65' East of the fire hydrant in front of 7182 Harold Ave.
- 2 Mile:** 49'-8" West of the 2nd "No Parking" sign east of Louisiana Ave. on the north side of Laurel Ave.
- 3 Mile:** 50' North of the sewer drain at the corner of Brookfield Pkwy and Field Dr.
- Finish:** Lined up with the northern edge of the crescent shaped concrete curb island at the southern end of the parking lot.

Course is to scale. Runners have full access to road unless otherwise noted. In the parking lot, runners must not cross over or through the painted park stall areas. In the Laurel Avenue Greenbelt, runners will use the path from Courtlawn Cir. W south until it joins the sidewalk on the north side of Laurel Ave until they come to Hampshire Ave at which they will return to the road. On Laurel Ave, runners are confined to the northern shoulder/fog line which will be coned for safety and indicate the course.

# Run the Valley 5K

## Brookview Parkway, Golden Valley, MN

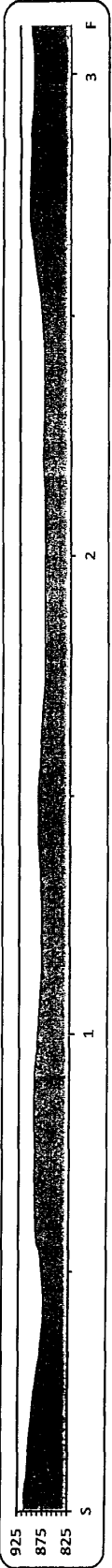


USATF Certificate: MN 12017RR  
 Certificate Effective From 3/30/2012 to 12/31/2022

Measurement, map and elevation profile by Mark Kuhn/UpTempo Race Management  
 March 10th 2012 - [www.uptemporacemanagement.com](http://www.uptemporacemanagement.com)



Start: 915' Finish: 913' High point: 915' Low point: 872'





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



Name of the course Run The Valley Distance 5km

Location (state) MN (city) Golden Valley

Type of course: road race  calibration  track  Configuration: Loop

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

Elevation (meters above sea level) Start 279 Finish 278 Highest 279 Lowest 268

Straight line distance between start & finish 10m Drop .2 m/km Separation .2 %

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: MN12017RR

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*** **2022**

**AS NATIONALLY CERTIFIED BY:**

Rick Becker

Date: Mar 30, 2012

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