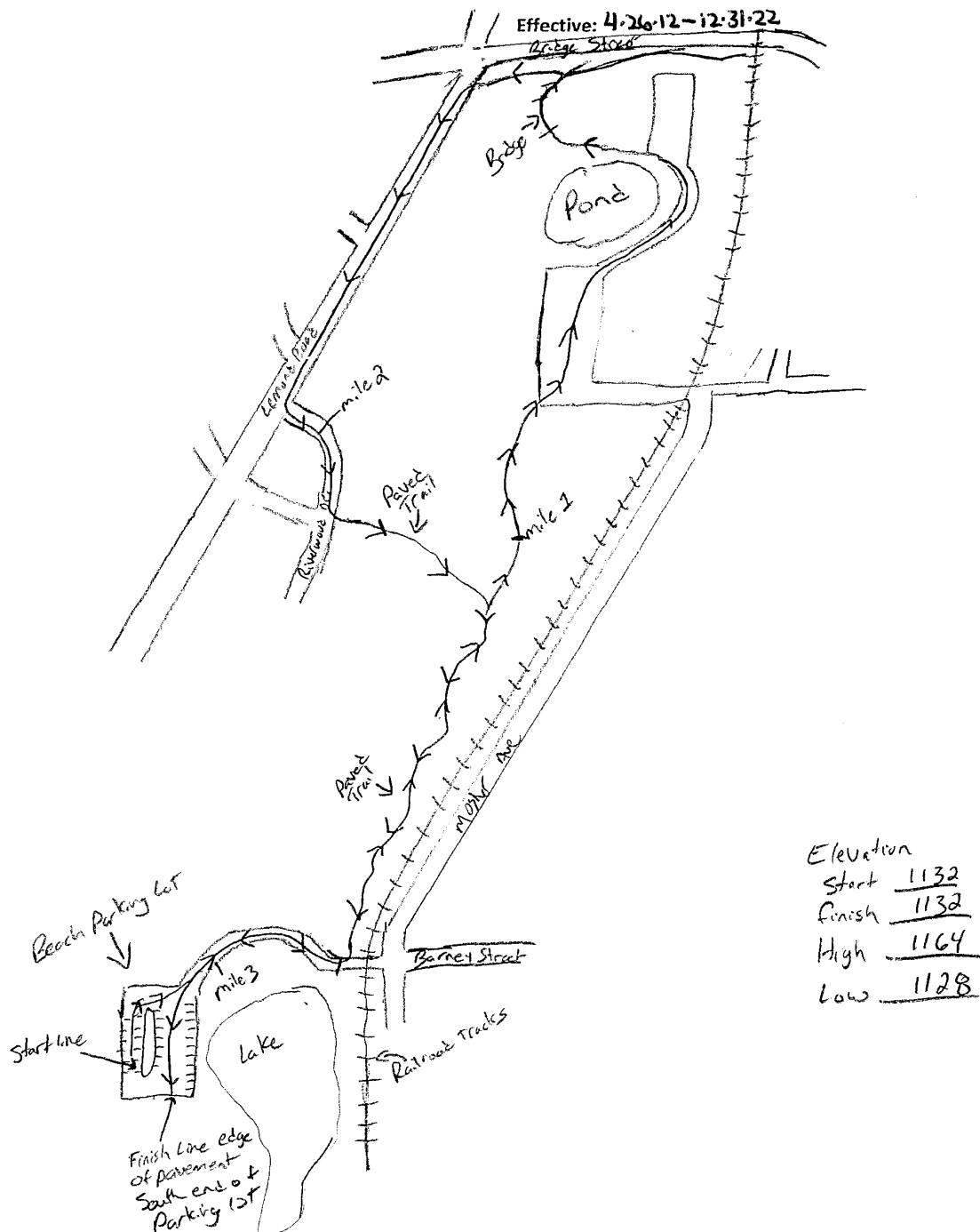


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# From the Heart Half 5K

Owatonna, MN  
USATF # MN12026RR

Effective: 4.26.12-12.31.22



## LOCATIONS:

**START:** 10 feet north of the southernmost parking spot stripe on the first parking spot on the west side of the parking lot

**1 Mile:** 25 feet north (past) the sign post for the trail 1 mile marker on the east side of the trail.

**2 Mile:** 118 feet east of the manhole cover at Lemond Road and Riverwood Drive.

**3 Mile:** 35 feet east (before) the wood post on the left side of the driveway into the beach parking lot.

**FINISH:** Where the parking lot meets the grass on the south end of the parking lot where the trail leads to the beach house.

**PARTICIPANTS MAY USE ALL OF PATH INDICATED TO OBTAIN THE SHORTEST POSSIBLE ROUTE**



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



Name of the course From The Heart Distance 5km  
Location (state) MN (city) Owatonna  
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Keyhole  
Type of surface: paved 100 % dirt      % gravel      % grass      % track      %  
Elevation (meters above sea level) Start 345 Finish 345 Highest 355 Lowest 344  
Straight line distance between start & finish 21m Drop 0 m/km Separation .4 %  
Measured by (name, address, phone & e-mail) Brent Svenby - 2120 Mineral Springs Pkwy  
Owatonna, MN55060 - 507 451 4418  
Race contact (name, address & phone) Beth Svenby - 2120 Mineral Springs Pkwy - Owatonna,  
MN, 55060 - 507 451 4418  
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐  
Number of measurements of entire course: Two Date(s) when course measured: Apr 16, 2012  
Race date: May 5, 2012 Course certification effective date: Apr 26, 2012  
Replaces:                      (if applicable) Certification code: MN12026RR

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 Recker

Date: Apr 26, 2012

Rick Recker — USATF/RRTC National Certifier - 19 S 1st St #2203 - Minneapolis, MN55401  
612 375 0805 - rick\_recker@hotmail.com