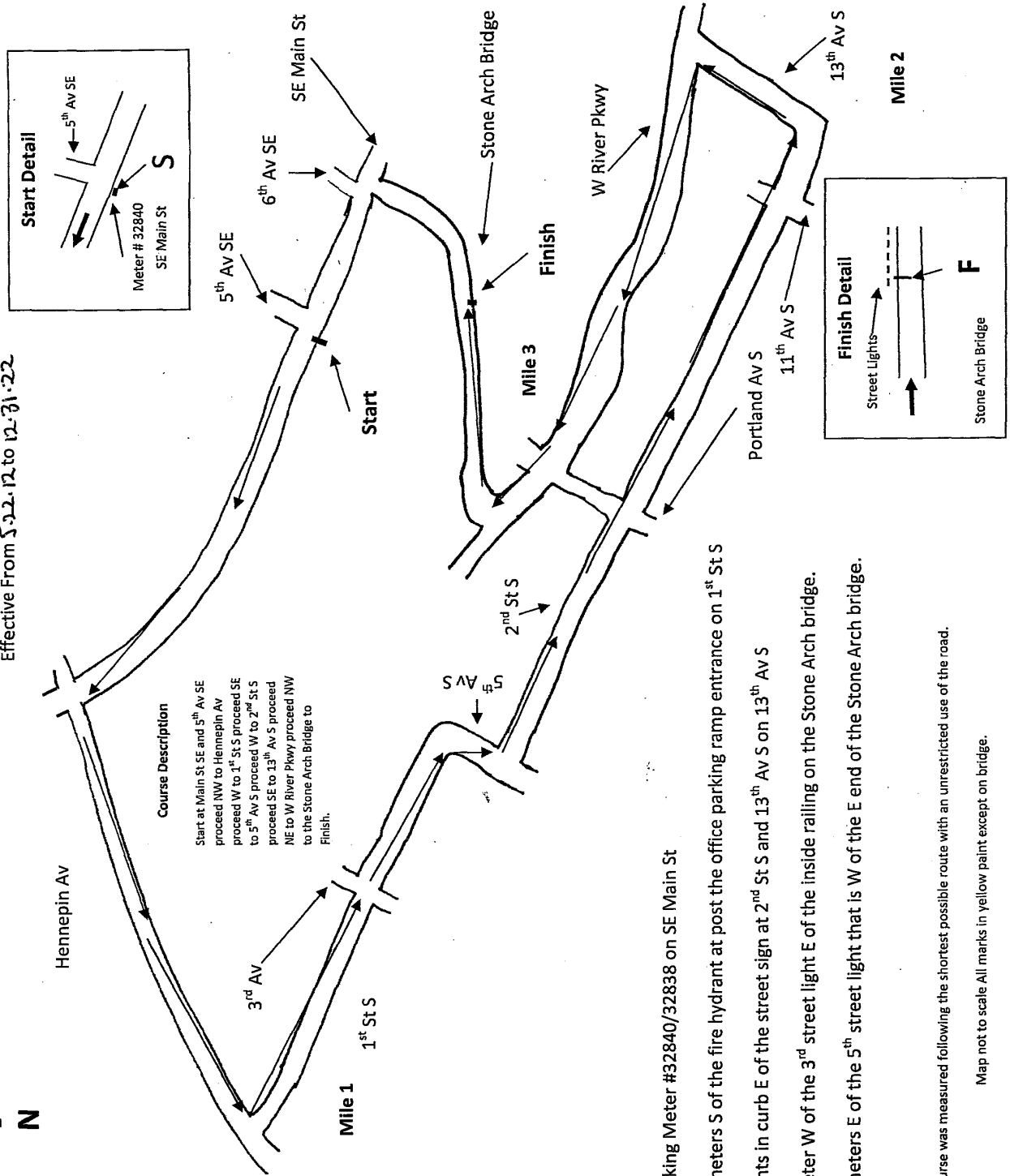




# Heart Beat 5000

USATF Certificate # MN12037 RR  
Effective From 5.22.12 to 12.31.22



## Course Description

Start at Main St SE and 5<sup>th</sup> Av SE  
proceed NW to Hennepin Av  
proceed W to 1<sup>st</sup> St S proceed SE  
to 5<sup>th</sup> Av S proceed W to 2<sup>nd</sup> St S  
proceed SE to 13<sup>th</sup> Av S proceed NW  
NE to W River Pkwy proceed NW  
to the Stone Arch Bridge to  
Finish.

**Start:** At parking Meter #32840/32838 on SE Main St

**Mile 1:** 0.3 meters S of the fire hydrant at post the office parking ramp entrance on 1<sup>st</sup> St S

**Mile 2:** 4 joints in curb E of the street sign at 2<sup>nd</sup> St S and 13<sup>th</sup> Av S on 13<sup>th</sup> Av S

**Mile 3:** 1 meter W of the 3<sup>rd</sup> street light E of the inside railing on the Stone Arch bridge.

**Finish:** 4.5 meters E of the 5<sup>th</sup> street light that is W of the E end of the Stone Arch bridge.

Course was measured following the shortest possible route with an unrestricted use of the road.

Map not to scale All marks in yellow paint except on bridge.



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



Name of the course \_\_\_\_\_ Heart Beat \_\_\_\_\_ Distance 5km  
Location (state) MN (city) Minneapolis  
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Loop  
Type of surface: paved 100 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %  
Elevation (meters above sea level) Start 241 Finish 213 Highest 274 Lowest 201  
Straight line distance between start & finish 300m Drop 5.6 m/km Separation 6 %  
Measured by (name, address, phone & e-mail) Dwight Peach - 6249 Century Blvd - 55429  
651 285 8438 - peach9688@comcast.net  
Race contact (name, address & phone) Anne Pole - 2910 centre Point - 55113 - 651 885 2825

Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐  
Number of measurements of entire course: Two Date(s) when course measured: May 13, 2012  
Race date: Jun 16, 2012 Course certification effective date: May 22, 2012  
Replaces: \_\_\_\_\_ (if applicable) Certification code: MN12037RR

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: May 22, 2012

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