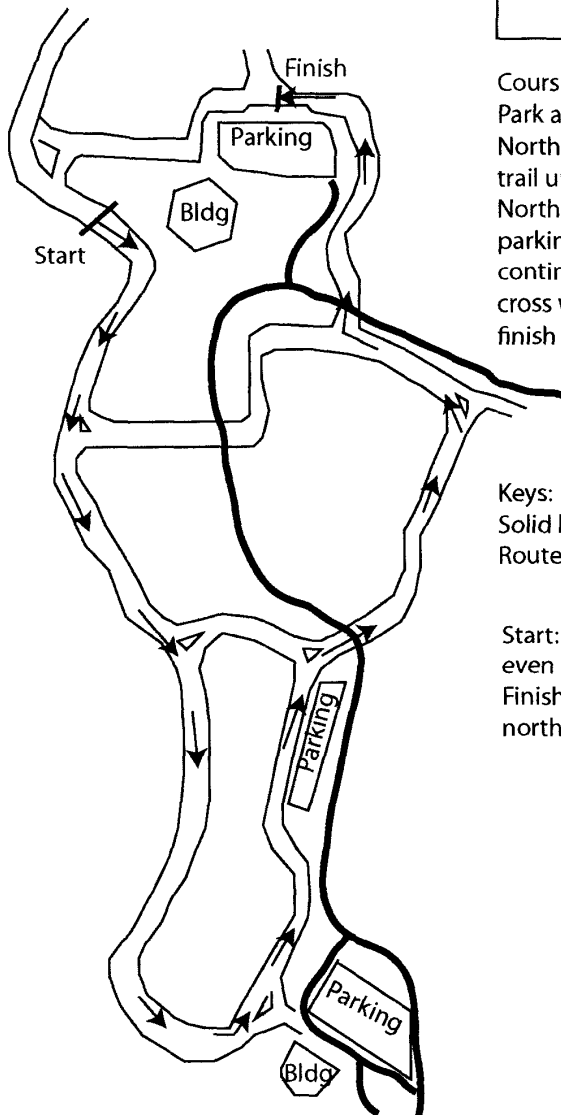
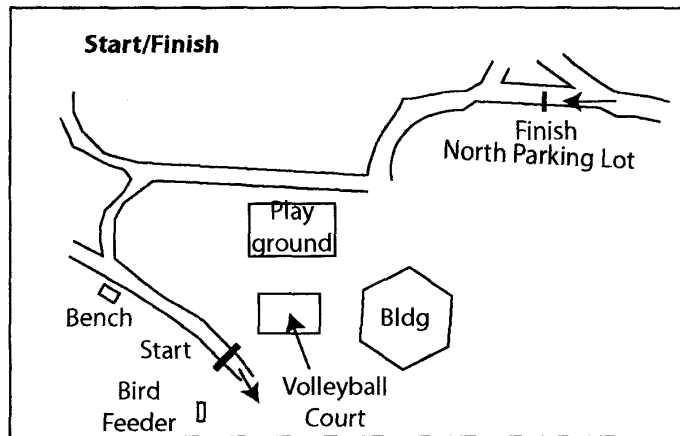


N  
 ↑  
 NEW BRAMPTON, MN  
**Shawn Silver One Mile**  
 Long Lake Regional Park  
 USATF CERTIFICATE # MN13024RR  
 EFFECTIVE 7.30.2013-12.31.23  
 MEASURED BY BARB KENNINGER ON  
 7.27.2013  
 BARB@RUNNINGVENTURES.COM



**Course Description:** Course is located in Long Lake Regional Park and uses paved bike/walk trails. Start is on West Side of North Picnic Area - runners go south on trail, staying to outer trail until 3rd left turn just before swimming beach, continue North/NE along West side of parking lots, then Right after 2nd parking lot to cross road and continue N/NE until next Left, continue W along S Side road to next crossing - cross road at cross walk and continue north on path around parking lot to finish on North side of north parking lot.

**Keys:**  
 Solid line = road  
 Route shown with arrows is on paved path

Start: 11 m N of birdfeeder at point on path even with SW corner of volleyball court.  
 Finish: At center of cutout in north end of north parking lot.



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

recognized by



Name of the course Shawn Silvera One Mile Distance 1609.344m  
Location (state) MN (city) New Brighton  
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Loop  
Type of surface: paved 100 % dirt      % gravel      % grass      % track      %  
Elevation (meters above sea level) Start 257 Finish 258 Highest 278 Lowest 257  
Straight line distance between start & finish 161m Drop -.62 m/km Separation 10 %  
Measured by (name, address, phone & e-mail) Barb Leininger - 901 N 3rd St #414 -Minneapolis  
MN55401 - 612 644 8185 - barb@runningventures.com  
Race contact (name, address, phone & e-mail) Ben Bach - Bx 23388 - Richfield, MN55423 - 612  
201 9202 - bbach@trueinbox.com  
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐  
Number of measurements of entire course: 2 Date(s) when course measured: Jul 27, 2013  
Race date: Aug 24, 2013 Course certification effective date: Jul 30, 2013  
Certification code: MN13024RR

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.

**Verification of Course** — In the event a National Open Record is set on this course, or at the discretion of USA Track & Field, a verification 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*** **2023**

**AS NATIONALLY CERTIFIED BY:**

Date: Jul 30, 2013

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