





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



Name of the course Monster Dash Ten Mile Distance 16.09344km  
Location (state) MN (city) St Paul  
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Loop  
Type of surface: paved 100 % dirt      % gravel      % grass      % track      %  
Elevation (meters above sea level) Start 280 Finish 230 Highest 290 Lowest 230  
Straight line distance between start & finish 4870m Drop 3.1 m/km Separation 30.3 %  
Measured by (name, address, phone & e-mail) Rick Recker - 19 S 1st St #2203 - Minneapolis,  
MN55401 - 612 375 0805 - rick\_recker@hotmail.com  
Race contact (name, address, phone & e-mail) Jackie Johnson - 2906 2nd St N, Minneapolis, MN  
55411 - 612 521 8085 - info@teamortho.us  
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐  
Number of measurements of entire course: 2 Date(s) when course measured: Aug 4, 2013  
Race date: Oct 26, 2013 Course certification effective date: Aug 5, 2013  
Certification code: MN13028RR

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:**

Rick Recker

Date: Aug 5, 2013

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