

Lake Phalen ALS 5k

Saint Paul, MN

USATF CERTIFICATE # MN13C43PR

Course is 1 clockwise loop on the walk path around the lake, and a little bit more.

Course is measured on the shortest path along the designated route. When the bike path and the walk path form one sheet of asphalt, the combined surface is assumed to be used.

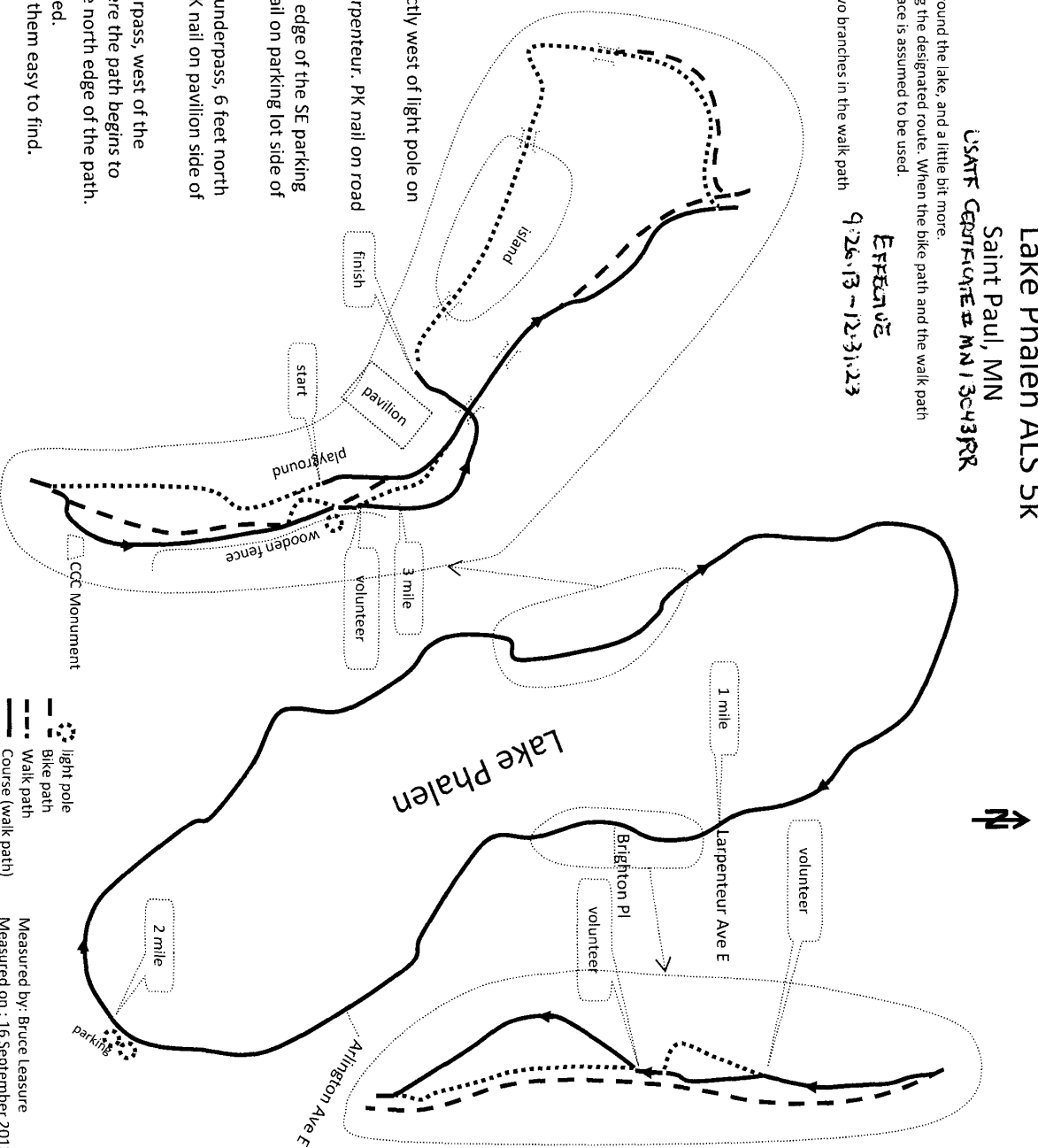
Required Cones: none

Recommended Cones or volunteers:

1. on the east side of the lake at each of the two branches in the walk path
2. at the entrance to the finish stretch

EFFORT

9:26.13 ~ 12:31.23



- Start:** on path next to playground, directly west of light pole on the lake. PK nail on lake side of path
- 1 mile:** on path behind large rock at Larpenteur. PK nail on road side of path.
- 2 mile:** 2 light poles south of the north edge of the SE parking lot + 8 feet further from the start. PK nail on parking lot side of path
- 3 mile:** on lake side path, south of the underpass, 6 feet north of large rock on pavilion side of path. PK nail on pavilion side of path
- Finish:** on path that goes thru the underpass, west of the underpass, at the crack in the path where the path begins to curve toward the bridge. PK nail on the north edge of the path. PK nails were painted yellow when placed.
- Annual repainting is necessary to make them easy to find.

Measured by: Bruce Leasure
Measured on : 16 September 2013



Road Running Technical Council
USA Track & Field
Measurement Certificate



Name of the course Lake Phalen ALS 5km Distance 5km
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 267 Finish 263 Highest 278 Lowest 263
Straight line distance between start & finish 200 Drop .8 m/km Separation 4 %
Measured by (name, address, phone & e-mail) Bruce Leasure - 638 Summit Av - St Paul, MN55105
651 330 9355 - bruce638@comcast.net
Race contact (name, address, phone & e-mail) ALS Association - 333 N Washington Av #105
Minneapolis, MN55105 - 612 672 0484 - kristina@alsmn.org
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐
Number of measurements of entire course: 2 Date(s) when course measured: Sep 16, 2013
Race date: Oct 12, 2013 Course certification effective date: Sep 26, 2013
Certification code: MN13043RR

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: **Sep 26, 2013**

Rick Recker – USATF/RRTC National Certifier - 19 S 1st St #2203 - Minneapolis, MN55401 - 612 375 0805
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