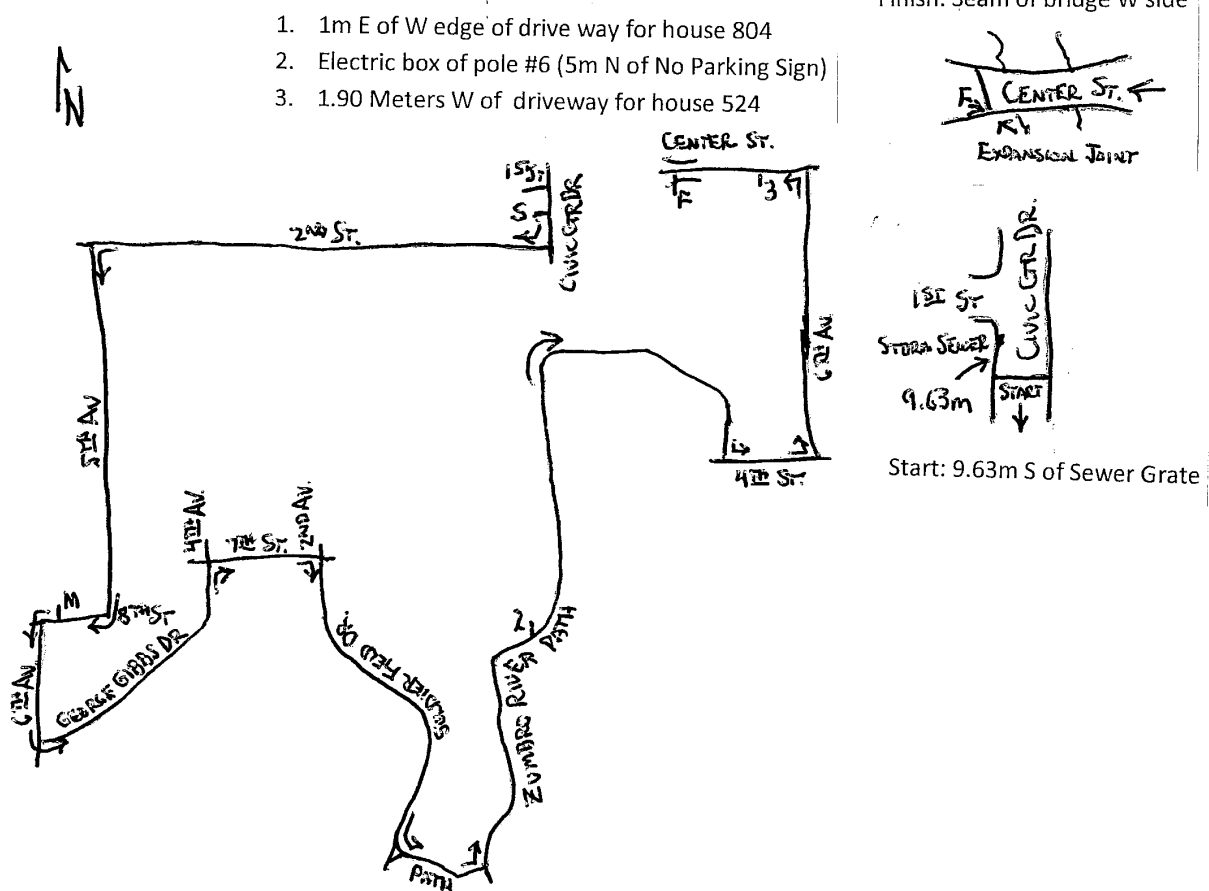


# Healthy Human Race 5km - Rochester, MN

USATF Certificate #MN14037RR - Effective 7-14-14 to 12-31-24

Measured by Rick Recker (612 375 0805) on 7-14-14

Event starts on Civic Ctr Dr, proceeds S to 2nd St. Right(W) to 5th Av. Left(S) to 8th St. Right(W) to 6th Av. Left(S) to George Gibbs Dr. Left(E) to 4th Av. Left(N) to 7th St. Right(E) to 2nd Av. Right(S) to Soldiers Field Dr. Straight(S) to path across river. Left(E) to path next to river. Left(N) to 4th St. Left(E) to 6th Av. Left(N) to Center St. Left(W) to Finish.





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



Name of the course Healthy Human Race Distance 5km  
Location (state) MN (city) Rochester  
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Loop  
Type of surface: paved 100 % dirt      % gravel      % grass      % track      %  
Elevation (meters above sea level) Start 304 Finish 304 Highest 320 Lowest 302  
Straight line distance between start & finish 215m Drop 0 m/km Separation 4.3 %  
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) Mark Bongers - 12447 150th St E - Nerstrand, MN  
55053 - 507 664 9438 - info@finalstretch.com  
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐  
Number of measurements of entire course: 2 Date(s) when course measured: Jul 14, 2014  
Race date: Aug 23, 2014 Course certification effective date: Jul 14, 2014  
Certification code: MN14037RR

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*** **2024**

**AS NATIONALLY CERTIFIED BY:**

Rick Recker

Date: Jul 14, 2014

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