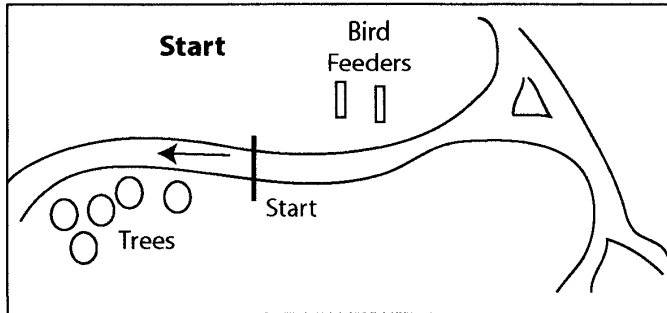


U.S. AT&T CERTIFICATED MIN 140500RR
EFFECTIVE 8-8-14 TO 12-31-24

Shawn Silvera 5K

Long Lake Regional Park



Course Description: Start is at N end of North Picnic Area, proceed S on trail, staying to outer trail and then right fork at Swimming Beach, along south edge parking lot to continue S on trail to S end Long Lake, W on trail on S side Beach Rd, until turn-around at E edge of Rose Lane, return same route to Swim Beach parking lot, then R fork onto trail 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.

Splits: Marked with Nails and White Paint

Start: 2m E of last pine tree/20 m W of 2nd bird feeder

Mile 1: 5 m S of sign with story about "Water Tower and Pump House"

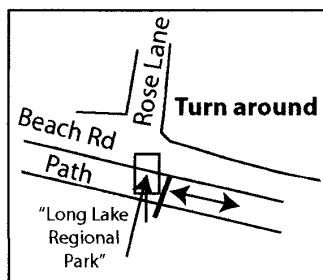
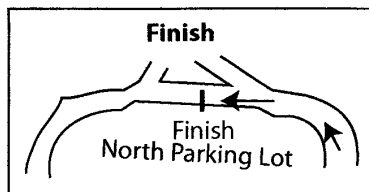
TA: At E edge Rose Lane at sign "Entrance to Long Lake Regional Park"

Mile 2: At N end of S curve section just N of Boat Parking Lot

Mile 3: Counting from the N end, midway between tree one and tree two in grouping of 5 newer trees

Finish: At center of cutout in sidewalk on N end of N pavillion parking

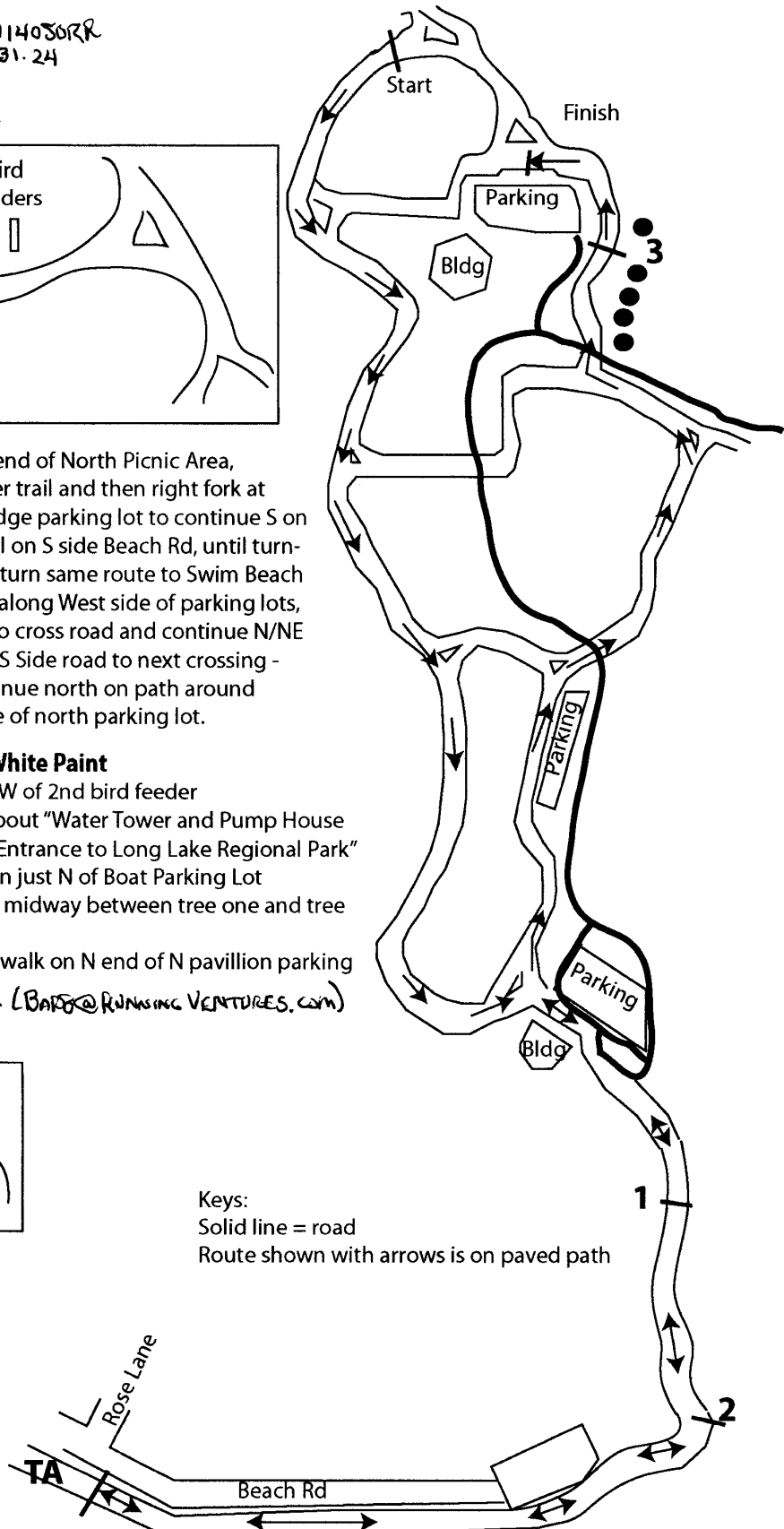
MEASURED BY BARB LEININGER (BARB@RUNNINGVENTURES.COM)
ON 8-7-14



Keys:

Solid line = road

Route shown with arrows is on paved path





Road Running Technical Council
USA Track & Field
Measurement Certificate



Name of the course Shawn Silvera 5K Distance 5km
Location (state) MN (city) New Brighton
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Keyhole
Type of surface: paved 100 % dirt % gravel % grass % track %
Elevation (meters above sea level) Start 276 Finish 274 Highest 279 Lowest 265
Straight line distance between start & finish 145 Drop .4 m/km Separation 2.9 %
Measured by (name, address, phone & e-mail) Barb Leininger - 901 N 3rd St #414 - Minneapolis, MN 55401
612 644 8185 - barb@runningventures.com
Race contact (name, address, phone & e-mail) Ben Bach - Bx 23388 - Richfield, MN 55423 - 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: Aug 7, 2014
Race date: Aug 23, 2014 Course certification effective date: Aug 8, 2014
Certification code: MN14050RR

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:

Date: Aug 8, 2014

Rick Recker - USATF/RRTC National Certifier
19 S 1st St #2203 - 612 375 0805 - rick_recker@hotmail.com