

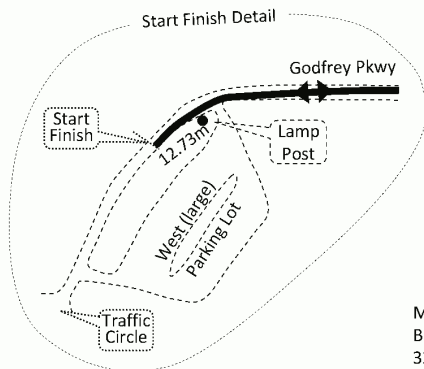
Course: From the **Start**, head E on Godfrey Pkwy,
 Turn N on W River Pkwy,
 Angle left onto ramp to Lake St Bridge,
 Turn E over bridge,
 Turn S on Mississippi River Blvd N,
 Go under Ford Pkwy bridge
 Turn left on ramp up to bridge,
 Turn W over bridge using only the S lane of Ford Pkwy / 46th St
 Turn S on 46th Ave
 Turn W on Godfrey Pkwy to **Finish**.

Start and Finish are the same point.
 Runners have full access to the road surface except for: cones are required along Ford Pkwy / 46th St to keep runners in the S lane. Barriers required on the ramp from Mississippi River Blvd to Ford Pkwy to keep runners on the road.
Measured Points are marked in bright orange paint.

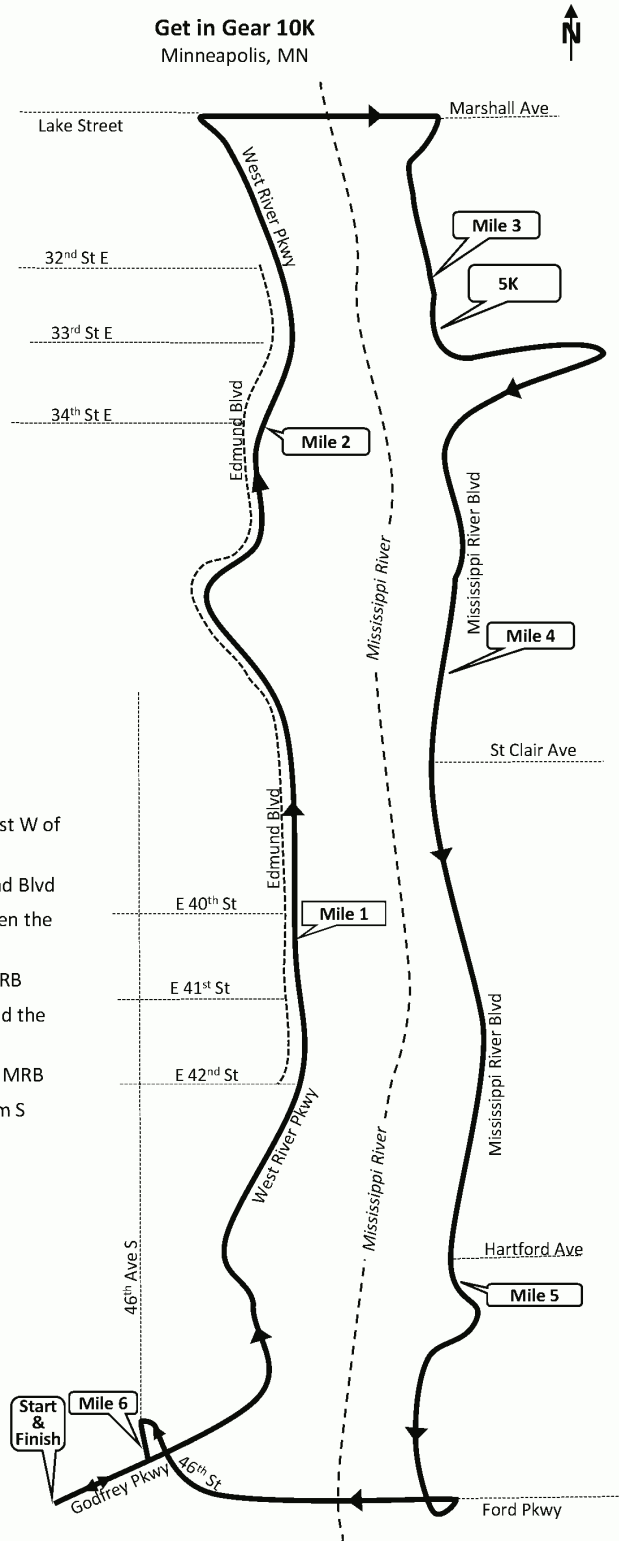
USATF Certified Course# MN15054RR
 Effective Aug 10,2015 - Dec 31,2025

Measured Points:

- Start/Finish:** S side of Godfrey Pkwy 12.73 m (41 ft 9 in) W of lamp post just W of E entrance to W (large) parking lot.
- Mile 1:** W side W River Pkwy between driveways to 4148 and 4164 Edmund Blvd
- Mile 2:** E side W River Pkwy 4 m (13 ft) N of S end of wooden fence between the two paved trails. Near Jct of Edmund Blvd and 34th St
- Mile 3:** W side of Mississippi River Blvd, 21 m (69 ft) S of fireplug at 142 MRB
- 5k:** E side of Mississippi River Blvd, between the S driveway for 88 MRB and the N driveway for 84 MRB
- Mile 4:** E side of Mississippi River Blvd S, 16 m (52 ft) S of sidewalk for 176 MRB
- Mile 5:** E side Mississippi River Blvd S, 11 m (36 ft) N of fireplug across from S entrance to Scenic Overlook, across from Temple of Aaron, 616 MRB.
- Mile 6:** W side of 46th Ave, 22 m (72 ft) N of STOP sign at Godfrey Pkwy



Get in Gear 10K
 Minneapolis, MN



Measured on July 20, 2015
 Bruce Leasure/Linda Beduhn
 320-429-5009/952-270-3346
bruce638@Comcast.net



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



Name of the course Get In Gear 10k Distance 10km

Location (state) MN (city) Minneapolis

Type of course: road race calibration track Configuration: Loop

Type of surface: paved 100 % dirt _____ % gravel _____ % grass _____ % track _____ %

Elevation (meters above sea level) Start 254 Finish 254 Highest 268 Lowest 242

Straight line distance between start & finish 0 Drop 0 m/km Separation 0 %

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) Mary Anderson - 4047 Camberwell Dr - Eagan, MN
55123 - 651 688 9143 - mary@andersonraces.com

Measuring Methods: bicycle steel tape electronic distance meter

Number of measurements of entire course: 2 Date(s) when course measured: Jul 20, 2015

Race date: Sep 27, 2015 Course certification effective date: Aug 10, 2015

Certification code: MN15054RR

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 **2025**

AS NATIONALLY CERTIFIED BY:

Rick Recker

Date: Aug 10, 2015

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