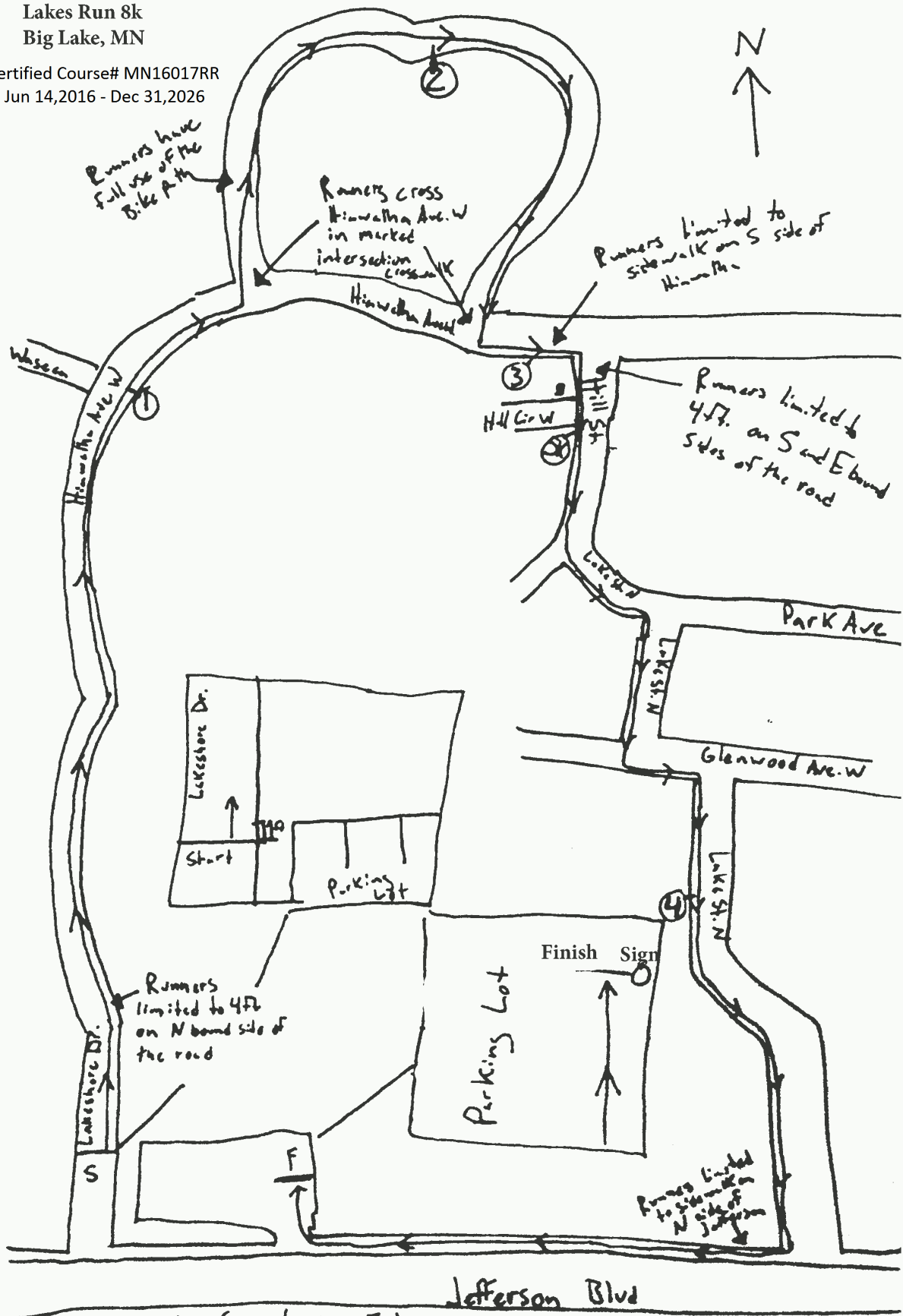


Lakes Run 8k  
Big Lake, MN

USATF Certified Course# MN16017RR  
Effective Jun 14, 2016 - Dec 31, 2026



Measured by Soren Larson, 7 June 2016

Map Not to Scale



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

# *Measurement Certificate*



Name of the course Lakes Run 8k Distance 8km  
 Location (state) MN (city) Big Lake  
 Type of course: road race  calibration course  track   
 Measuring methods: bicycle  steel tape  electronic distance meter   
 Measured by (name, address, phone & e-mail) Soren Larson - 1823 Laurel Av #5 - St Paul, MN55104 - 651 428 5174 - contact.thornhillrecords@gmail.com  
 Race contact (name, address, phone & e-mail) Jean Hagberg - 17143 96th St SE - Becker, MN55308 - 612 219 8126 - jjjschagberg@gmail.com  
 Date(s) when course measured: Jun 7, 2016  
 Number of measurements of entire course: Two Course Configuration: Loop  
 Elevation (meters above sea level) Start 293 Finish 285 Highest 296 Lowest 282  
 Straight line distance between start & finish 145m Drop 1 m/km Separation 1.8 %  
 Type of surface: paved 100 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %  
 Effective date of certification: Jun 14, 2016 Certification code: MN16017RR

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*** **2026**

**AS NATIONALLY CERTIFIED BY:**

*Rick Recker*

Date: Jun 14, 2016

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

## Lakes Run 8K Big Lake, MN

MN16017RR

### Course Description:

Runners begin on Lakeshore Dr West of Lakeside Park and proceed N. Runners are limited to 4 feet on the shoulder with traffic. Lakeshore Dr becomes Hiawatha Ave W, runners cross Hiawatha Ave W. at crosswalk E of Golf Street and continue N onto the bike path. Runners have full use of bike path and follow it until it terminates. Runners cross Hiawatha Ave. W at the crosswalk and proceed E on the sidewalk on the S side of Hiawatha Ave. W. Runners turn S onto Hill St. - limited to 4 feet on the "with traffic" side of the road. Runners turn E onto Lake St N. and turn S at the intersection of Park Ave and Lake St to continue S on Lake St - Runners turn E onto Glenwood Ave W., then S to continue on Lake St N. Runners turn W onto the sidewalk on the N side of Jefferson Blvd. Runners turn N onto first turn-in W of Big Lake and proceed N into parking lot for Lakeside Park, staying between the lake and the first row of parking bays to the finish line.

### Splits:

Start - 1 ft S of N edge of parking lot on W. side of Lakeside Park  
Mile 1 - 1 ft S of contraction joint in sidewalk ramp E of intersection for Hiawatha Ave N and Waseca St  
Mile 2 - 4m W of W edge of tan shed surrounded by black chain link fence  
Mile 3 - 5ft E of W edge of drive for 140 Hiawatha Ave W  
5K - 5m N of fire hydrant on SW corner of Hill St and Hill Cir W  
Mile 4 - 2ft S of S edge of drive for 691 Lake St  
Finish - Even with "This Dock is for Boat Launch Only" sign on E edge of parking lot for Lakeside Park