



Stillwater, MN

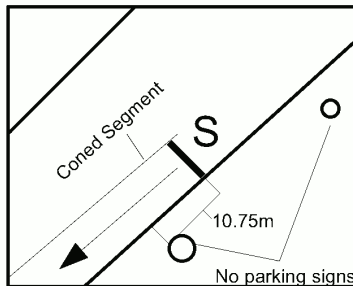
## Log Run 5K

Map not to Scale

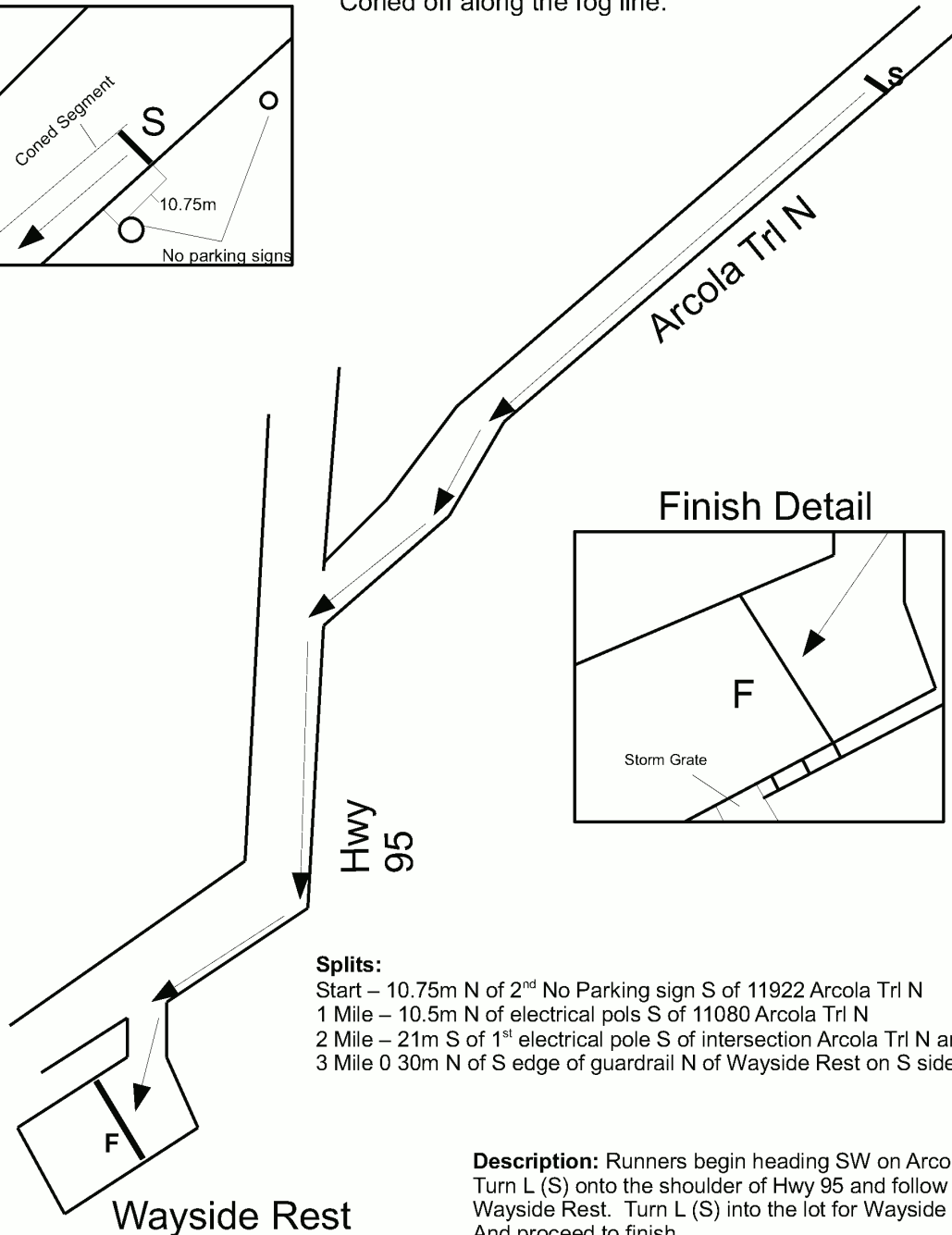
USATF Certified Course# MN16043RR  
Effective Sep 12, 2016 - Dec 31, 2026

Measured by Soren Larson - soren.m.larson@gmail.com  
on Sep 3, 2016

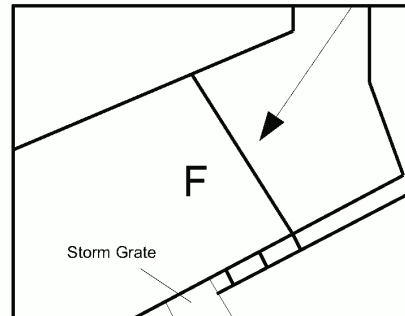
### Start Detail



**Restrictions:** Runners are limited to the SE shoulder of Arcola Trl N and the E shoulder of Hwy 95. Shoulders will be Coned off along the fog line.



### Finish Detail



#### Splits:

- Start – 10.75m N of 2<sup>nd</sup> No Parking sign S of 11922 Arcola Trl N
- 1 Mile – 10.5m N of electrical poles S of 11080 Arcola Trl N
- 2 Mile – 21m S of 1<sup>st</sup> electrical pole S of intersection Arcola Trl N and Arcola Ln N
- 3 Mile 0 30m N of S edge of guardrail N of Wayside Rest on S side of Hwy 95 N

**Description:** Runners begin heading SW on Arcola Trl N  
Turn L (S) onto the shoulder of Hwy 95 and follow until  
Wayside Rest. Turn L (S) into the lot for Wayside Rest  
And proceed to finish



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



Name of the course Log Run 5km Distance 5km  
Location (state) MN (city) Stillwater  
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 - soren.m.larson@gmail.com  
Race contact (name, address, phone & e-mail) Stacy Einck - 5055 Normandale Av N - Stillwater, MN55082 651 470 3802 - social@runstillwater.com  
Date(s) when course measured: Sep 3, 2016  
Number of measurements of entire course: Two Course Configuration: Loop  
Elevation (meters above sea level) Start 272 Finish 221 Highest 272 Lowest 218  
Straight line distance between start & finish 4.2km Drop 10.2 m/km Separation 84 %  
Type of surface: paved 100 % dirt      % gravel      % grass      % track      %  
Effective date of certification: Sep 12, 2016 Certification code: MN16043RR

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:***

Date: Sep 12, 2016

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