

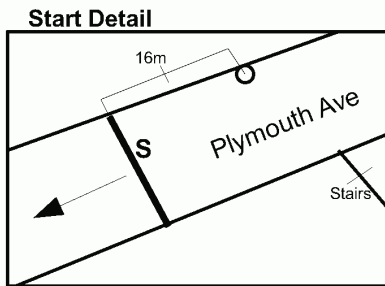


## Hot Dash 5K Map not to scale

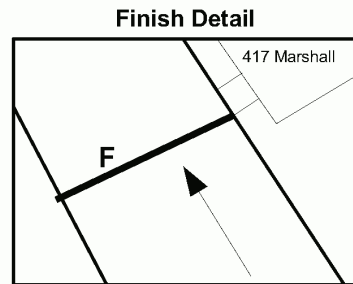
**Description:** Runners begin on the Plymouth Ave. Bridge and head W, turning L (S) onto W River Pkwy. Runners proceed S to Stone Arch Bridge and turn L (E) onto bridge. Runners then turn L (N) onto SE Main St. and proceed N to Merriam St. Bridge and turn L (W) to cross. Runners exit the bridge and turn R (N) on E Island Ave and then L (W) onto De La Salle Ave and use that to cross the 1<sup>st</sup> Ave NE bridge, exiting the bridge and turning L (N) onto NE Main St and proceeding to the finish.

**Restrictions:** Runners have full use of the road except at the following locations:

- 1) On 1<sup>st</sup> Ave NE runners are limited to Northernmost lane
- 2) On NE Main St runners are limited to the parking lane and westernmost lane



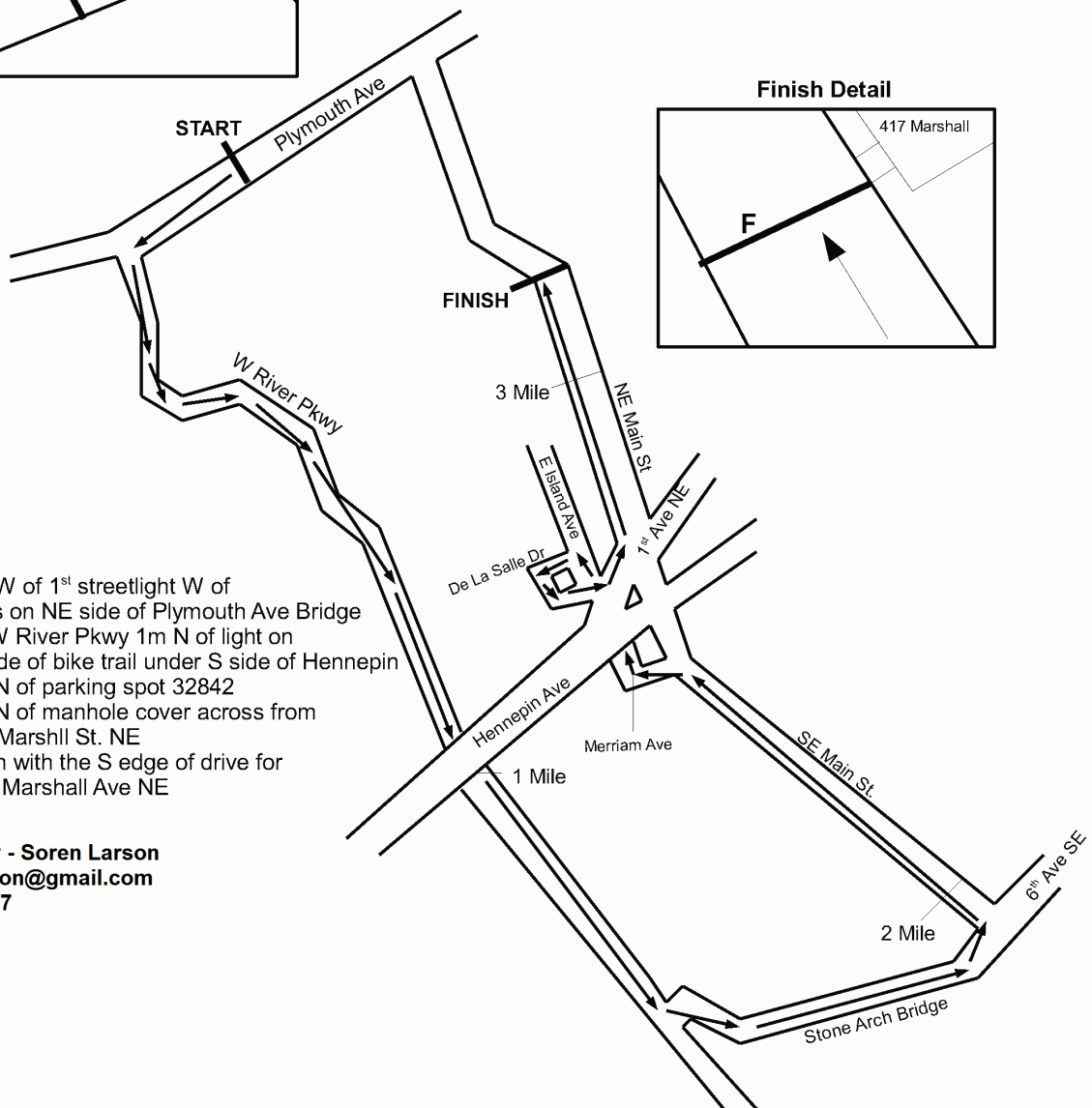
**USATF Certified Course# MN17002RR**  
Effective Mar 6,2017 - Dec 31,2027



### Splits:

- Start – 16m W of 1<sup>st</sup> streetlight W of Stairs on NE side of Plymouth Ave Bridge
- 1 Mile – on W River Pkwy 1m N of light on E side of bike trail under S side of Hennepin
- 2 Mile – 4m N of parking spot 32842
- 3 Mile – 6m N of manhole cover across from 301 Marshall St. NE
- Finish – Even with the S edge of drive for 417 Marshall Ave NE

Measured by - Soren Larson  
soren.m.larson@gmail.com  
on Mar 5,2017





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

# *Measurement Certificate*



Name of the course Hot Dash 5k Distance 5km  
 Location (state) MN (city) Minneapolis  
 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) Ed Wetham - 2635 University Av W #190 - St Paul, MN55114 651 491 9649 - ed@tcmevents.org  
 Date(s) when course measured: Mar 5, 2017  
 Number of measurements of entire course: Two Course Configuration: Loop  
 Elevation (meters above sea level) Start 259 Finish 256 Highest 262 Lowest 249  
 Straight line distance between start & finish 750m Drop .6 m/km Separation 15 %  
 Type of surface: paved 100 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %  
 Effective date of certification: Mar 6, 2017 Certification code: MN17002RR

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*** **2027**

**AS NATIONALLY CERTIFIED BY:**

*Rick Recker*

Date: Mar 6, 2017

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