



# Hot Dash 10 Mile

Map Not to Scale

**Description:** Runners head NW on Marshall Ave NE, turn L (SW) on 8<sup>th</sup> Ave NE, then R (N) on Ramsey St. NE. L (S) on 11<sup>th</sup> Ave NE, then L (SE) on Sibley Ave NE. R (SW) on Plymouth Ave then L (SW) on W River Pkwy. Follow W River Pkwy to E 24<sup>th</sup> St then turn R (S), then L (E) on Seabury Ave. Turn L (N) on 26<sup>th</sup> St then L (NW) on W River Pkwy. Turn R (N) and cross the Stone Arch Bridge, then L (W) on SE Main St. Turn L (S) on Merriam Ave, then R (N) onto E Island Ave. Turn L (W) onto De La Salle Dr and L (N) over the 1<sup>st</sup> Ave NE bridge then L (NW) on NE Main St to finish.

**Restrictions:** Runners have full use of the road except as noted: 1) Runners are restricted to the Southbound lanes of NE Main St. between 1<sup>st</sup> Ave and 3<sup>rd</sup> Ave. 2) One 1<sup>st</sup> Ave NE runners are restricted to Northernmost lane 3) South of the Stone Arch bridge on W River Pkwy runners are limited to "with traffic" lane 4) On Seabury Ave runners are restricted to the Easternmost lane

## Splits:

**Start** – 1m SE of N end of drive for 611 Marshall St NE

**1 Mile** - 3.5m SW of Perry D Smith plaque on SW corner of Plymouth Ave Bridge

**2 Mile** – on West River Pkwy 6m S of storm drain S of parking meter WRP-14

**3 Mile** – on W River Pkwy 5m N of streetlight between 35W bridge and 19<sup>th</sup> Ave Bridge

**4 Mile** – 13m SE of "Watch for Fallen Rock" sign on W side of W River Pkwy

**5 Mile** – 10m S of storm drain on NE corner of S 37<sup>th</sup> Ave and Seabury Ave

**6 Mile** - on W River Pkwy 8.5m N of No Right Turn sign N of Franklin Ave Bridge

**7 Mile** – on W River Pkwy 4.5m N of parking meter WRP-23

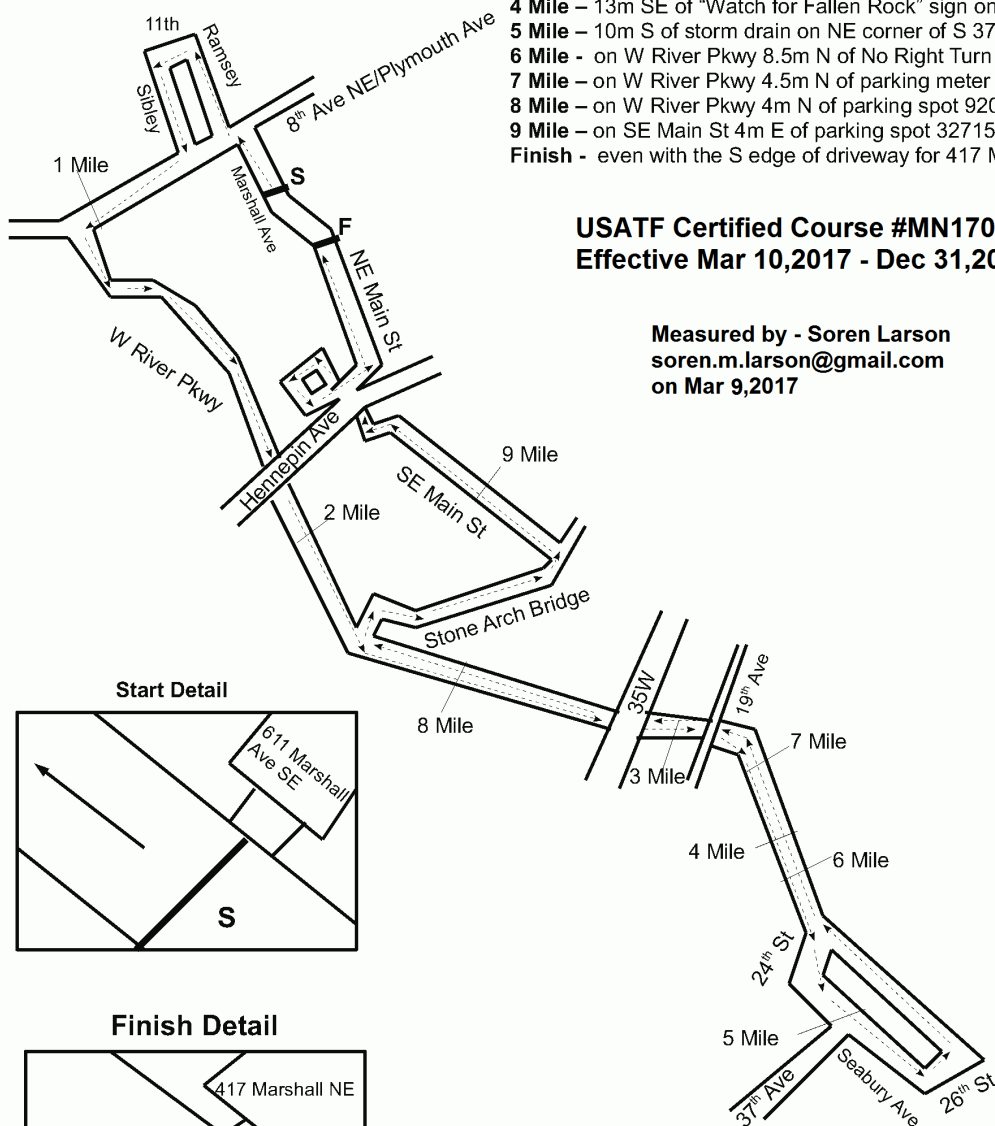
**8 Mile** – on W River Pkwy 4m N of parking spot 92051

**9 Mile** – on SE Main St 4m E of parking spot 32715

**Finish** - even with the S edge of driveway for 417 Marshall Ave NE

**USATF Certified Course #MN17003RR**  
**Effective Mar 10,2017 - Dec 31,2027**

**Measured by - Soren Larson**  
**soren.m.larson@gmail.com**  
**on Mar 9,2017**





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

recognized by



Name of the course Hot Dash 10M Distance 10M  
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, MN 55104 - 651 428 5174 - soren.m.larson@gmail.com  
Race contact (name, address, phone & e-mail) Ed Wetham - 2635 University Av W #190 - St Paul, MN 55114 651 491 9649 - ed@tcmevents.org  
Date(s) when course measured: Mar 9, 2017  
Number of measurements of entire course: Two Course Configuration: Loop w/Keyhole  
Elevation (meters above sea level) Start 257 Finish 256 Highest 263 Lowest 252  
Straight line distance between start & finish 306m Drop .06 m/km Separation 1.9 %  
Type of surface: paved 100 % dirt      % gravel      % grass      % track      %  
Effective date of certification: Mar 10, 2017 Certification code: MN17003RR

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:***

Date: Mar 10, 2017

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