



Hot Dash 10 Mile

Map Not to Scale

Description: Runners head NW on Marshall Ave NE, turn L (SW) on 8th Ave NE, then R (N) on Ramsey St. NE. L (S) on 11th 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 24th St then turn R (S), then L (E) on Seabury Ave. Turn L (N) on 26th 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 1st 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 1st Ave and 3rd Ave. 2) One 1st 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 19th 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 37th Ave and Seabury Ave

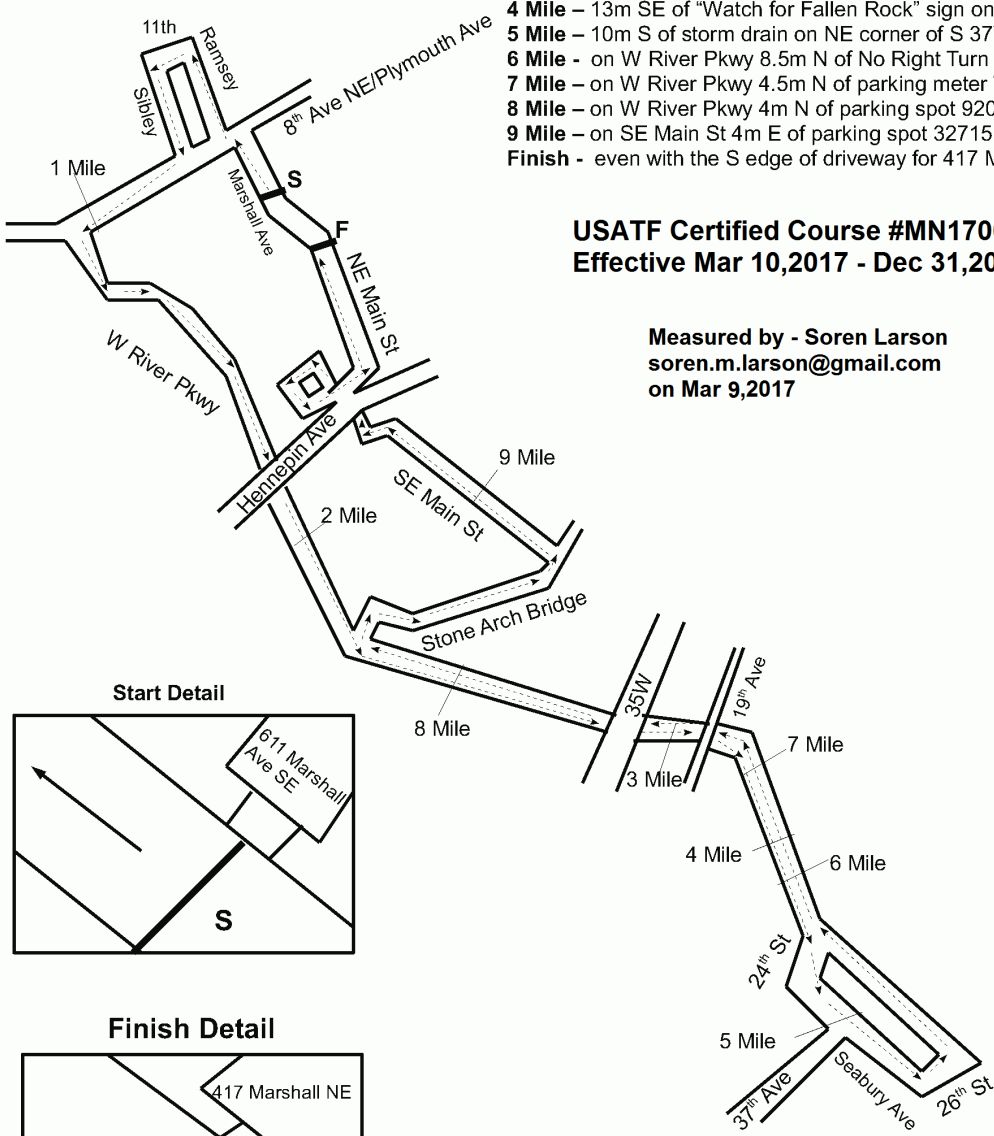
6 Mile - on W River Pkwy 8.5m N of No Right Turn sign N of Franklin Ave Bridge

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

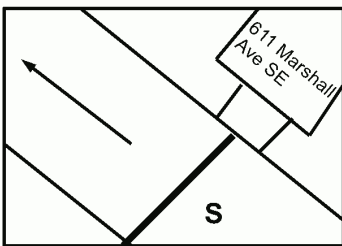
Finish - even with the S edge of driveway for 417 Marshall Ave NE



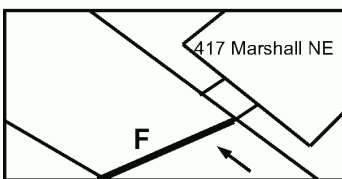
USATF Certified Course #MN17003RR
Effective Mar 10,2017 - Dec 31,2027

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

Start Detail



Finish Detail





**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, 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 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:

Rick Recker

Date: Mar 10, 2017

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