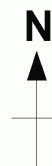
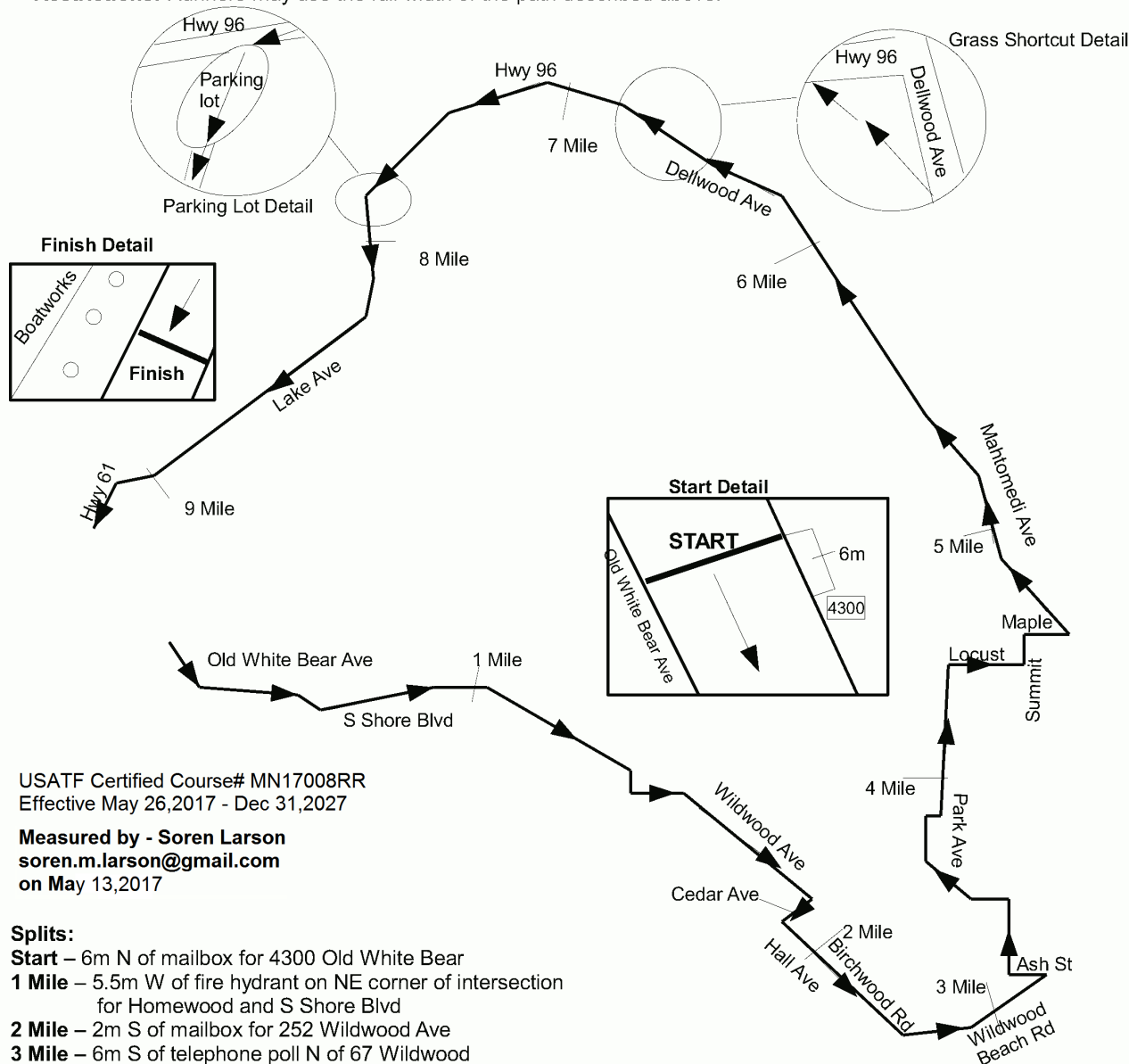


White Bear Lake, MN  
**Manitou 15K**  
 Map not to scale



**Description:** Runners begin on Old White Bear heading S. Turn left (E) on S Shore Blvd then left (E) on Wildwood Ave. Turn right (SW) on Cedar St then left (E) on Hall Ave. Hall Ave. becomes Birchwood Rd. Turn left (N) onto Wildwood Beach Rd then left (W) onto Ash St. and right (N) onto Park Ave. Park Ave heads N then turns right (E) and becomes Locust St. Turn left (N) on Summit Ave. then right (E) onto Maple and left (NW) on Mahtomedi Ave. Mahtomedi Ave. becomes Dellwood Ave. Take the grass shortcut to head W on Highway 96. Turn left (S) through the parking lot of White Bear Lake County Park and continue onto the sidewalk/path heading S along Lake Ave. Turn left (S) on Highway 61 and follow the path to the finish.

**Restrictions:** Runners may use the full width of the path described above.



USATF Certified Course# MN17008RR  
 Effective May 26,2017 - Dec 31,2027

**Measured by - Soren Larson**  
 soren.m.larson@gmail.com  
 on May 13,2017

**Splits:**

**Start** – 6m N of mailbox for 4300 Old White Bear

**1 Mile** – 5.5m W of fire hydrant on NE corner of intersection for Homewood and S Shore Blvd

**2 Mile** – 2m S of mailbox for 252 Wildwood Ave

**3 Mile** – 6m S of telephone poll N of 67 Wildwood

**4 Mile** – 2 apron cracks N of driveway for 841 Park Ave

**5 Mile** – 1.5m S of “No Parking” sign on W side of Mahtomedi Ave. N of TamarackSt.

**6 Mile** – 5m S of mailbox for 76 Dellwood

**7 Mile** – On Dellwood even w/ first telephone pole W of Park Ave

**8 Mile** – 1m S of stop sign on SW corner of Lake Ave and 8<sup>th</sup> St

**9 Mile** – Even w/ pillar on E side of drive for 4575 Lake Ave

**Finish** – Even w/center pole of Boatworks Common Room



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



Name of the course Manitou 15km Distance 15km  
Location (state) MN (city) White Bear Lake  
Type of course: road race ☒ calibration course ☐  
Measuring method: 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) Patty Brown - 2106 Dorothy Av - White Bear Lake, MN 55110 651 429 0201 - pattilyn17@comcast.net  
Date(s) when course measured: May 24, 2017  
Number of measurements of entire course: Two Course Configuration: Loop  
Elevation (meters above sea level) Start 287 Finish 287 Highest 299 Lowest 285  
Straight line distance between start & finish 760m Drop 0 m/km Separation 5.06 %  
Type of surface: paved 99 % dirt      % gravel      % grass 1 % track      %  
Effective date of certification: May 26, 2017 Certification code: MN17008RR

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: May 26, 2017

Rick Recker - USATF/RRTC Certifier

19 S 1st St #2203 - 612 375 0805 - rick\_recker@hotmail.com