

**Directions:** Runners begin heading (S) on McDonald Dr N. Turn left (E) on 40<sup>th</sup> St N, right (S) on Oakgreen Ave N, then left (E) on 30<sup>th</sup> St N. Turn right (S) on Omaha Ave N, left (E) on 28<sup>th</sup> St N, right (S) on Oriole Ave N and right (W) on Osprey Ave N. Turn right (W) on 21<sup>st</sup> St N, left (S) on Olene Ave N and continue on 19<sup>th</sup> St N. Turn right (S) on Panama Ave N and continue on 18<sup>th</sup> St N. Turn left (S) on Overlook Trail N, left (E) on O'Ryan Trail N and continue on 15<sup>th</sup> St N. Turn left (N) on Stagecoach Trail N, right (E) on 22<sup>nd</sup> St N, left (N) on St. Croix Trail N (Hwy 95), right (E) on 3rd Ave S, left (N) on Maine St S, right (E) on 2<sup>nd</sup> Ave S, left (N) on Lake St S into the parking lot for Lakeside Park to finish.



612 375 0805 - rick recker@hotmail.com

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



Name of the course	Lift Bridge 10 Mile					Dista	nce10	) Miles	
Location (state)	MN (city					port			
Type of course: ro	oad race 🗵 calibra	tion course [							
Measuring method: bicycle ⊠ steel tape □ electronic distance meter □									
$Measured\ by\ (name,\ address,\ phone\ \&\ e-mail) \underline{\ \ Nissa\ Larson\ -\ 6405\ Olympia\ St\ -\ Golden\ Valley, MN55427\ -\ 763}$									
568 2465 - nissa@ runningventures.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: Jun 14,20,2018									
Number of measurements of entire course:Two Course Configuration:						Loop			
Elevation (meters abo	ve sea level) Start	287	Finish	210	_ Highest	318	Lowest	210	
Straight line distance	between start & finish	5,58	30	Drop	4.78	m/km	Separation	34.66	_%
Type of surface: pay	ved <u>100</u> % dirt	%	gravel		% grass		% track	%	
Effective date of certi	fication:	Jul 11,201	8	Ce	rtification c	ode:	MN1802	2RR	
Notice to Race Director: Use this Certification Code									
in <i>all</i> public announcements relating to your race.									
Be It Officially Noted That									
De It Officially Molea 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 stan-									
dards adopted by the Road Running Technical Council. If <i>any</i> 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 2028									
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AS NATIONALLY CERTIFIED BY:									
DickReeter					Date	):	Jul 11,20	)18	
Rick Recker - USA	TE/RRTC Certifier	10 C 1st Ct	#2203 - 1	Minnean	die MNISS	401			