

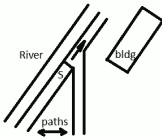
## Polar Dash 10km - St Paul,MN

USATF Certified Course# MN19002RR - Effective Jan 3,2019 - Dec 31,2029

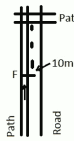
Measured by Rick Recker (612 375 0805) on Dec 30,2018

Participants may use all of path described to obtain the shortest possible route. Event starts on pedestrian path on Mississippi riverfront, proceeds NE, traverses onto Harriet Island Rd, right(W) on Fillmore St, straight onto Water St. Continue to Plato Blvd, right(W) to Water St, left(S) to TA. Return to wide driveway, transition(N) to path adjacent to rd. Continue to finish. Split landmarks video recorded.

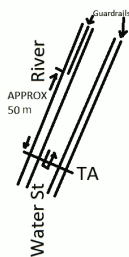
Start: At intersection of paths @ S end of Bldg



Finish: 10m S of 2nd lightpost S of path



Turnaround: Approx 50m S of S end of riverside guardrail. Marked on woodside guardrail w blue paint





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



Name of the course Polar Dash 10km Distance 10km  
Location (state) MN (city) St Paul  
Type of course: road race ☒ calibration course ☐  
Measuring method: bicycle ☒ steel tape ☐ electronic distance meter ☐  
Measured by (name, address, phone & e-mail) Rick Recker - IAAF Measurer - 19 S 1st St #2203 - Minneapolis  
MN55401 - 612 375 0805 - rick\_recker@hotmail.com  
Race contact (name, address, phone & e-mail) Team Ortho - Bx 490 - Rosemount, MN55068 - 612 968 3324  
teamortho@gmail.com  
Date(s) when course measured: Dec 30, 2018  
Number of measurements of entire course: Two Course Configuration: Loop w Out/Back  
Elevation (meters above sea level) Start 205 Finish 210 Highest 215 Lowest 205  
Straight line distance between start & finish 140 Drop -.5 m/km Separation 1.4 %  
Type of surface: paved 100 % dirt      % gravel      % grass      % track      %  
Effective date of certification: Dec 30, 2018 Certification code: MN19002RR

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*** **2029**

***AS NATIONALLY CERTIFIED BY:***

Rick Recker

Date: Jan 3, 2019

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