

Measured by Allan Morgan, March 30, 2011

VMC 5K Knoxville, Tennessee

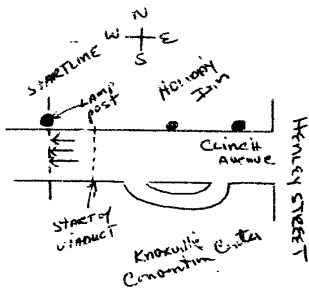
START LINE is located on Clinch Ave. in front of the Knoxville Convention Center, specifically in line with the fifth lamppost from the Henley St. intersection and the first viaduct lamppost on the north side. (See diagram.)

FINISH LINE is located in front of the former Knoxville Convention Center on World's Fair Park Drive, specifically 18'5" from the second lamppost from the turn. (See diagram.)

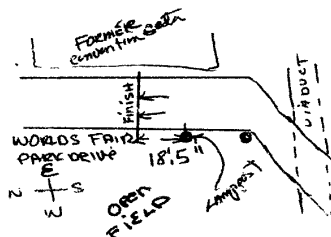
COURSE starts on Clinch Ave. and heads west across the viaduct and then three blocks to 16th street. Turns left onto 16th in the southbound lanes, crosses Cumberland Ave., and continues in the southbound lanes of Volunteer Blvd. At the intersection with Andy Holt Dr., it continues south in the southbound lanes of Volunteer (now with a concrete median divider) to Circle Park where it veers sharply to the right and then all the way to the turn-around point just prior to where Volunteer again veers sharply to the right. At the turn-around, it makes a left u-turn and heads back in the now eastbound lanes of Volunteer. Then back to 16th St. and finally a right turn on Clinch Ave. Just prior to the viaduct, it bears right on World's Fair Park Drive, down the hill, left under the viaduct and then finishes in front of the old convention center. (See diagram)

LOCATION OF SPLITS: Mile one is located on westbound Volunteer Blvd., just short (east) of the Lake Loudoun Blvd. intersection. Mile two is located on eastbound Volunteer, also just short (west) of the Lake Loudoun Blvd. intersection. Mile three is located on World's Fair Park Drive at the railroad tracks. In all curves and turns, (except where confined by cones on 16th St. and Volunteer Blvd between Cumberland Ave. and Andy Holt Drive) runners take the shortest course possible.

START LINE DIAGRAM

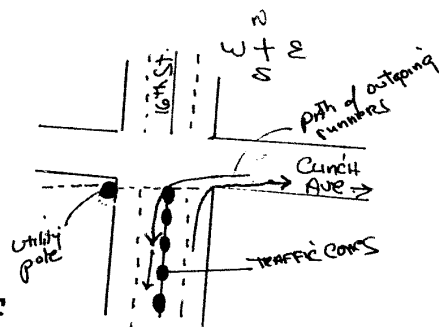


FINISH LINE DIAGRAM

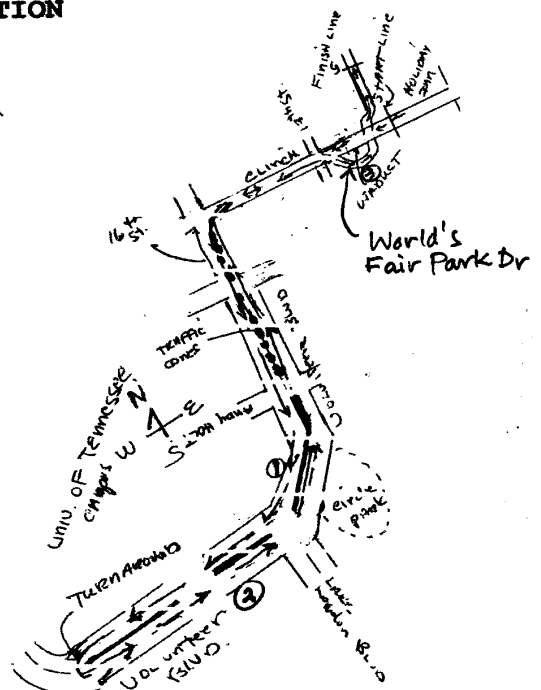
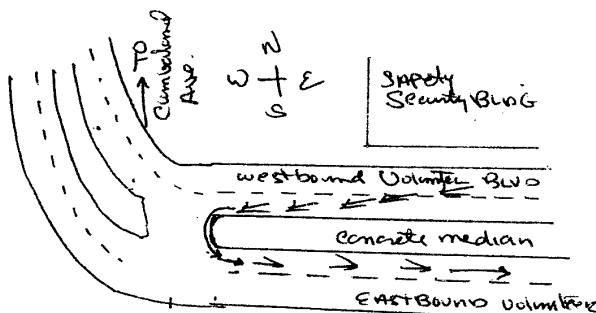


COURSE MAP

CLINCH AVE/16TH STREET INTERSECTION



TURN-AROUND POINT





Road Running Technical Council
USA Track & Field
Measurement Certificate

recognized by



Name of the course VMC 5K Distance 5 km
Location (state) Tennessee (city) Knoxville
Type of course: road race ☒ calibration ☐ track ☐ Configuration: out-and-back
Type of surface: paved 100 % dirt % gravel % grass % track %
Elevation (meters above sea level) Start 270.5 m Finish 265 m Highest 293 m Lowest 255 m
Straight line distance between start & finish 264 m Drop 1.1 m/km Separation 5.3 %
Measured by (name, address, phone & e-mail) Allan Morgan e-mail: allanemorgan@comcast.net
3530 Talahi Drive, Knoxville, TN 37919 ph: (865) 789-4434
Race contact (name, address & phone) Karol Harper, VMC
511 N. Broadway, Knoxville, TN 37917 ph: (865) 524-3926
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐
Number of measurements of entire course: 2 Date(s) when course measured: 03/29/2011
Race date: 09/24/2011 Course certification effective date: 03/30/2011
Replaces: not applicable (if applicable) Certification code: TN11026MS

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.

Validation of Course — In the event a National Open Record is set on this course, or at the discretion of USA Track & Field, a validation 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 **2021**

AS NATIONALLY CERTIFIED BY:

Matthew Studholme Date: 04/04/2011
Matthew Studholme – USATF/RRTC Regional Certifier
452 Brookhill Drive, Abingdon, Virginia 24210 Phone: (276) 451-2426 E-mail: sheddingcat@comcast.net

TN11026MS