

USATF-Certified Course TN17023MS Effective April 12, 2017 to December 31, 2027

# MOUNTAIN LAUREL 5-K

## Frozen Head St. Park, Morgan County, Tennessee



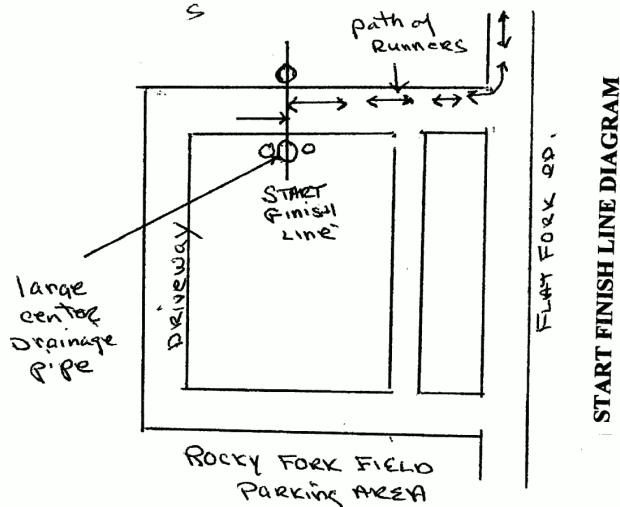
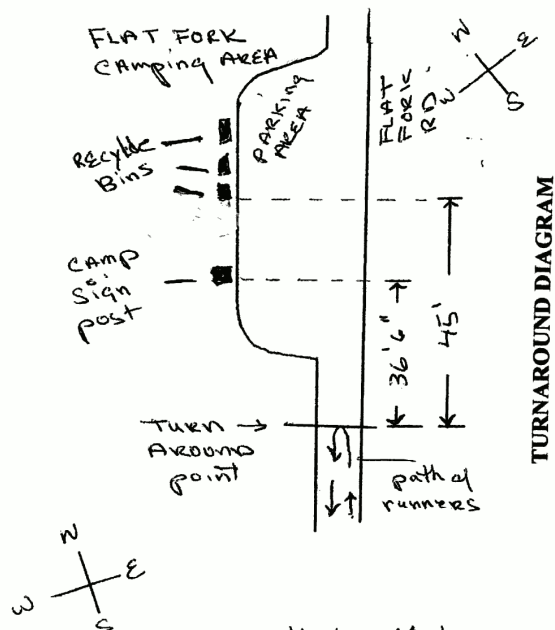
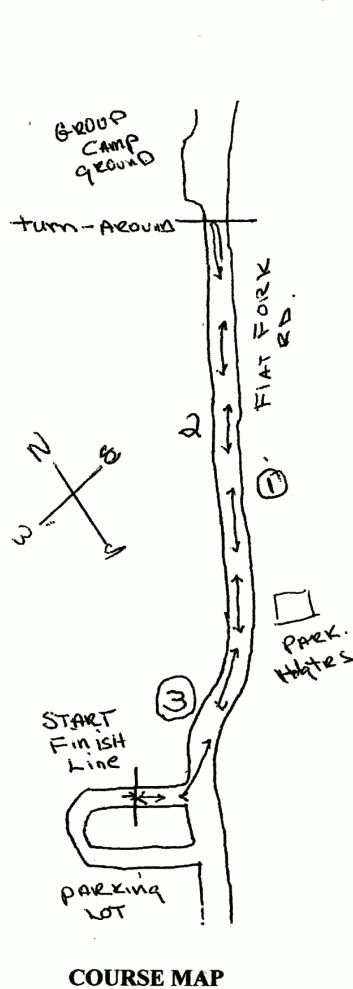
Measured by Allan Morgan, 04/10/2017, email:allanwardmorgan@gmail.com ph: (865)789-4434

**START/FINISH LINE** is located in the Rocky Fork Field parking lot, one quarter mile from the Park Headquarters, located exactly in line with the large, center drainage pipe that goes underneath the 2nd driveway. See Start/Finish Diagram

**TURNAROUND POINT** is located on Flat Fork Rd., just shy of the Group Campground turnoff. Located exactly 36'6" shy of the campground sign and 45' shy of the first of three recycle containers. See diagram.

**COURSE** is an out and back course on Flat Fork Rd, starting and finishing in the Rocky Fork Field parking lot. Course map is not drawn to scale.

**LOCATION OF SPLITS:** Mile ONE is Flat Fork Rd 300 yards shy of the Picnic area on the left side of the road. MILE TWO is located on Flat Fork Rd., adjacent to the Flat Fork Walking Trail Sign. Mile THREE is on Flat Creek Rd., just shy of the mailboxes to the Green Rd. intersection.



FROZEN HEAD  
STATE PARK



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



Name of the course Mountain Laurel 5-K Distance 5 km  
Location (state) Tennessee (city) Morgan County  
Type of course: road race ☒ calibration course ☐ track ☐  
Measuring methods: bicycle ☒ steel tape ☐ electronic distance meter ☐  
Measured by (name, address, phone & e-mail) Allan Morgan email: allanwardmorgan@gmail.com  
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Race contact (name, address, phone & e-mail) Jennifer Brasel email: jenniferbrasel@yahoo.com  
PO Box 927, Waitburg, TN 37887 ph: (423) 346-6635  
Date(s) when course measured: April 10, 2017  
Number of measurements of entire course: 2 Course Configuration: same out-and-back, 1 time  
Elevation (meters above sea level) Start 408 m Finish 408 m Highest 427 m Lowest 408 m  
Straight line distance between start & finish 0 m Drop 0 m/km Separation 0 %  
Type of surface: paved 100 % dirt      % gravel      % grass      % track      %  
Effective date of certification: April 12, 2017 Certification code: TN17023MS

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:***

Matthew Studholme

Digitally signed by Matthew Studholme  
Date: 2017.05.01 09:07:01 -04'00'

Date: May 1, 2017

Matthew Studholme – USATF/RRTC Certifier

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