



Kaynors Sap Run 10K

Westford, VT

Measured by Steve Eustis on 10/26/2009

802.878.4385
eustis1970@comcast.net

- Start South edge of brick house at #167 Brookside Road; at "school ahead" sign
- 1 mile Brookside Road, 26' south of pole #43; at rock outcrop on bend
- 2 mile 10; north of south edge of barn at #403 Pettingill Road (barn is on east side of road)
- 3 mile 49' north of pole #29/34/2/115 (set back from road); 4.5' north of large 4' high stump; north of #175 Pettingill Road and a small parking area
- 5 Km 66' north of north edge of house at #205 Pettingill Road
- 4 mile Same as 2 mile
- 5 mile Same as 1 mile
- 6 mile Same as start
- 10 Km 69'0" from front door of school; at the north edge of the second set of windows from the front door

Notes:

Runners can take shortest possible route
Finish is marked with PK nail and paint;
rest of course is on dirt (or spring mud)

Certified Course



VT10001RF

Certificate Effective:
2/2/2010 - 12/31/2020



Road Running Technical Council
USA Track & Field
Measurement Certificate



Name of the course Kaynors Sap Run 10K Distance 10.0 km

Location (state) Vermont (city) Westford

Type of course: road race calibration track Configuration: Out-and-Back

Type of surface: paved 2 % dirt 98 % gravel % grass % track %

Elevation (meters above sea level) Start 530 ft Finish 520 ft Highest 630 ft Lowest 480 ft

Straight line distance between start & finish 700 ft Drop 0.3 m/km Separation 2.1 %

Measured by (name, address, phone & e-mail) Steve Eustis, 18 Wilkinson Drive
 Essex Junction, Vermont 05452 (802) 878-4385

Race contact (name, address & phone) GMAA, P.O. Box 194,
 Essex Junction, Vermont 05453

Measuring Methods: bicycle steel tape electronic distance meter

Number of measurements of entire course: Two Date(s) when course measured: October 26, 2009

Race date: March 28, 2010 Course certification effective date: February 2, 2010

Replaces: N/A (if applicable) Certification code: VT10001RF

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 2020

AS NATIONALLY CERTIFIED BY:

 Ron Fitzpatrick Date: February 2, 2010

Ron Fitzpatrick USATF Certifier
 33 Rand Road, Center Barnstead, NH 03225 (603) 731-3345 email: rjfitz@worldpath.net

VT10001RF