



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



Name of the course Golden Helix 2022 Distance 5 km
Location (state) TN (city) Cookeville
Type of course: Road Race
Measuring Methods: Bicycle
Measured By Tomas de Paulis - 205 Woodland Court - Hermitage, TN 37076 - (615) 390-6977 - Tomasdepaulis@att.net
Race Contact Janet Coonce - 610 Jamestown Road, Cookeville, TN 38501 - (931)372-6521 - JCoonce@tntech.edu
Date(s) when course measured: 10/09/2022
Number of measurements of entire course: 2 Course Configuration: complex of different loop
Elevation (meters above sea level) Start 347.47 Finish 347.47 Lowest 335.28 Highest 347.47
Straight line distance between start and finish 0 m Drop 0.00 m/km Separation 0.00 %
Type of surface: Paved 100 % Dirt 0 % Gravel 0 % Grass 0 % Track 0 %
Effective date of certification: October 10, 2022 Certification code: TN22051MS

Note 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 the course, or at the discretion of USA Track & Field, a verification measurement 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 of the year: **2032**

AS NATIONALLY CERTIFIED BY:

Date: October 11, 2022

Matthew Studholme - USATF/RRTC Certifier - 813 Barton Ave, Chattanooga TN 37405
(276) 206-7202 - sheddingcat@comcast.net

Golden Helix 2022, Cookeville, TN

Start and Finish on William Jones Drive going west. Turn left on Peachtree Avenue, then right onto the sidewalk of Willow Avenue (Hwy 135). Turn right on Wings Up Way, then left on Whitney Avenue. Turn right on Tenth Street, then right on Peachtree Avenue. Circle the light post median at William Jones Drive. Return to Whitney Avenue and turn right, then right on University Drive. Turn left on Stadium Drive, then right on Twelfth Street. Turn right on Dixie Avenue, then right on Mahler Avenue. Turn right on Seventh Street, then right on Quadrangle. Turn left on William Jones Drive, then left on Quadrangle. Turn right on Seventh Street, then right on Peachtree Avenue. Turn right on William Jones Drive to the finish. This course was measured using the full width of the road and the shortest possible route (SPR).

Map URL: <https://www.runningahead.com/maps/bf28bc4c976b45e8b63660c164102f78?unit=mi&map=roadmap>

Start: On William Jones Drive at West handrail of parking lot stairs.

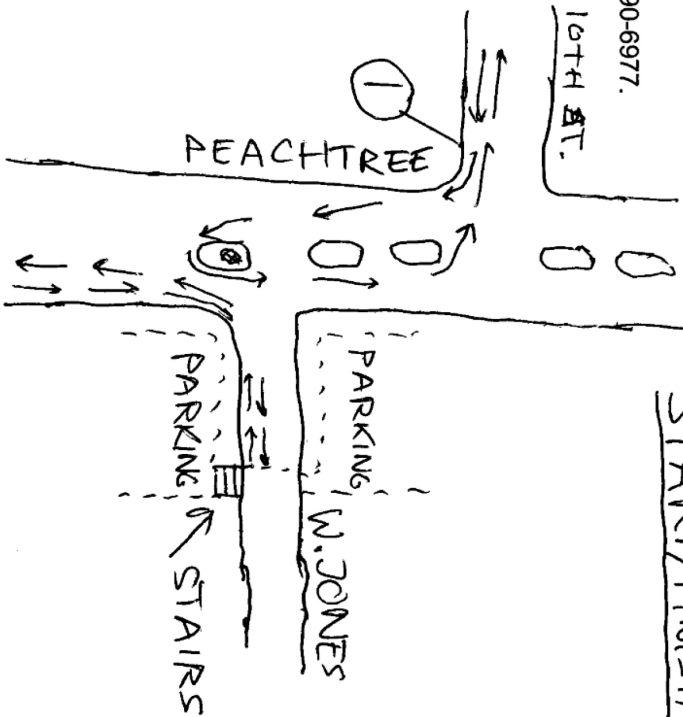
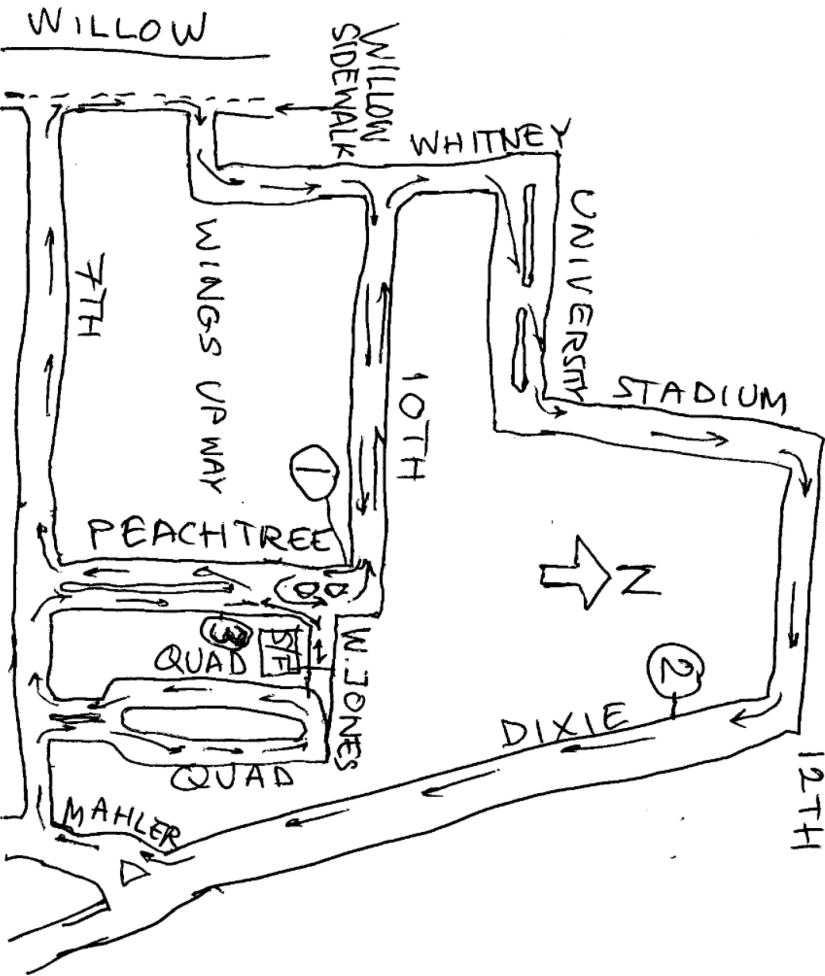
Mile 1: On Tenth Street at Peachtree Avenue.

Mile 2: On Dixie Avenue at cogwheel statues.

Mile 3: On Peachtree Avenue at Wings Up Way.

Finish: Same as start.

Measured by Tomas de Paulis on October 9, 2022, tomasdepaulis@att.net 615-390-6977.



USATF Certificate

TN22051MS

Effective: 10/10/2022
Through: 12/31/2032

START/FINISH