



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



Name of the course _____ Distance _____

Location (state) _____ (city) _____

Type of course: road race calibration track Configuration: _____

Type of surface: paved _____ % dirt _____ % gravel _____ % grass _____ % track _____ %

Elevation above sea level) Start _____ Finish _____ Highest _____ Lowest _____

Straight line distance between start & finish _____ Drop _____ m/km Separation _____ %

Measured by (name, address, phone & e-mail) _____

Race contact (name, address & phone) _____

Measuring Methods: bicycle steel tape electronic distance meter

Number of measurements of entire course: _____ Date(s) when course measured: _____

Race date: _____ Course paperwork submission date: _____

Replaces: _____ (if applicable) Certification code: _____

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

AS NATIONALLY CERTIFIED BY:

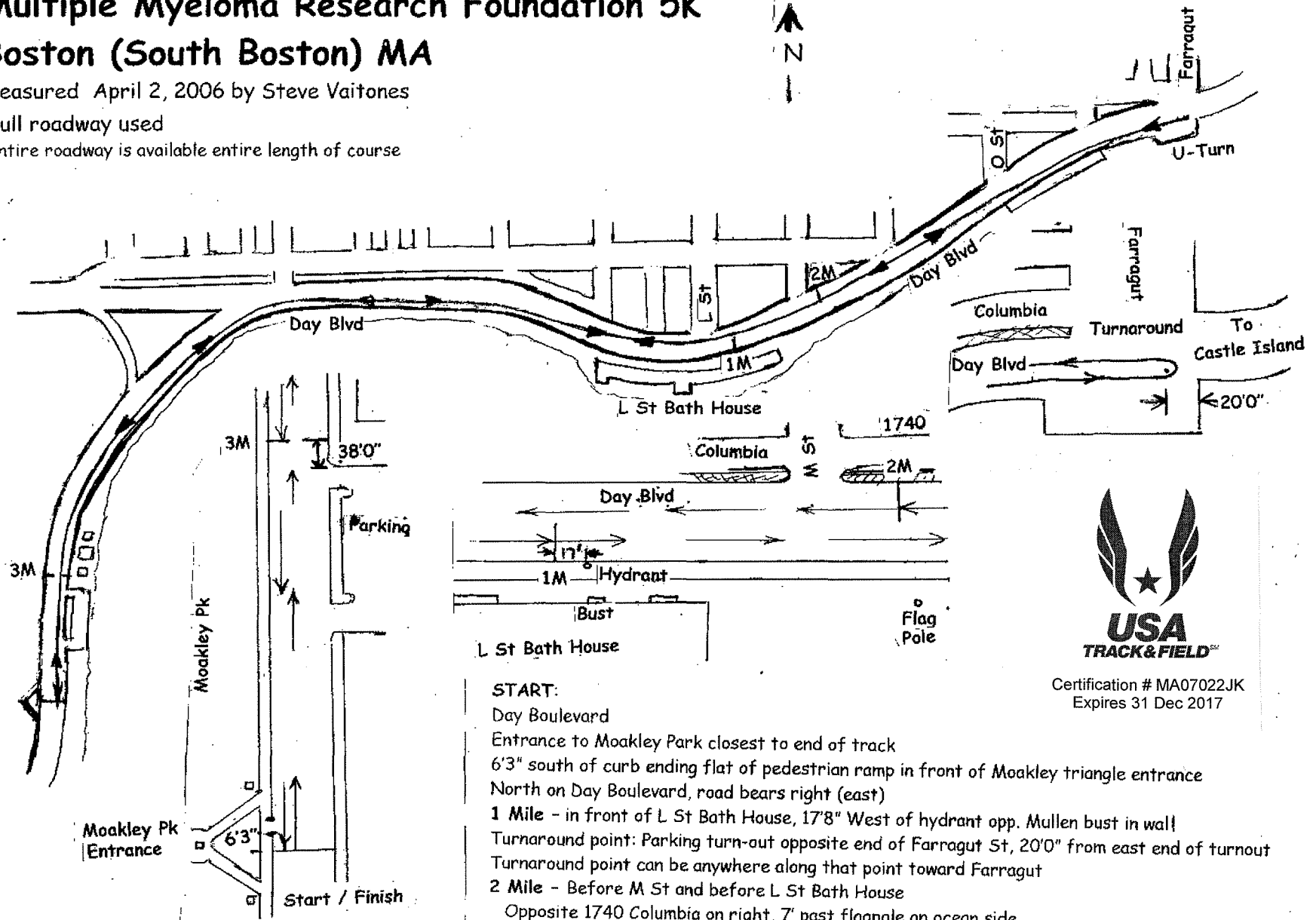
Date: _____

Multiple Myeloma Research Foundation 5K Boston (South Boston) MA

Measured April 2, 2006 by Steve Vaitones

Full roadway used

Entire roadway is available entire length of course



L St Bath House

START:

- Day Boulevard
- Entrance to Moakley Park closest to end of track
- 6'3" south of curb ending flat of pedestrian ramp in front of Moakley triangle entrance
- North on Day Boulevard, road bears right (east)
- 1 Mile** - in front of L St Bath House, 17'8" West of hydrant opp. Mullen bust in wall
- Turnaround point: Parking turn-out opposite end of Farragut St, 20'0" from east end of turnout
- Turnaround point can be anywhere along that point toward Farragut
- 2 Mile** - Before M St and before L St Bath House
- Opposite 1740 Columbia on right, 7' past flagpole on ocean side
- Follow Day Blvd as it bears left (south)
- 3 Mile** - 38' before parking lot exit after bath house complex
- FINISH:** Same as starting line



Certification # MA07022JK
Expires 31 Dec 2017