



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: _____

Cone/Monitor: Edge of corner when turning from Beach st., onto Mt. Pleasant (run on road) (no cutting on gravel/dirt)

Cam Neely 5k



Course is measured to allow runners to run on either the sidewalk or street including the sidewalk around corners

Location: Milford MA
 Measured 13 Oct 2007
 by M. Sawyer

START: On National Street:
 Back (Eastward) edge of storm drain that is 56 ft. further back (East) from Depot Street than Pole #5

Mile 1: On Central St. 34 ft 7" before (West) of nearest edge of storm drain when headed towards Beach Street

Mile 2: On Depot Street 14' 10" before (North) of Pole #7, which is located at corner of Cemetery St. when headed towards Cemetery Street

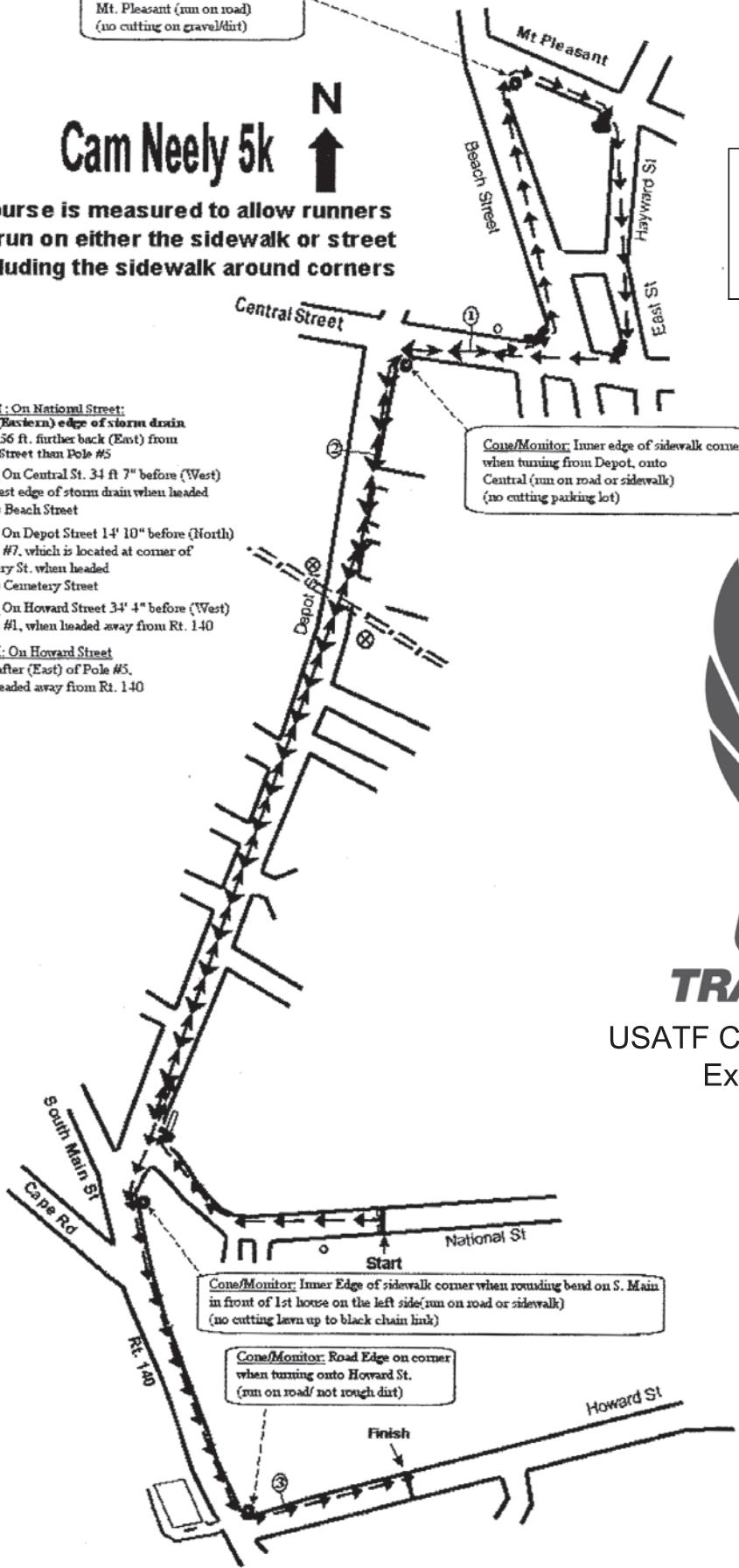
Mile 3: On Howard Street 34' 4" before (West) of Pole #1, when headed away from Rt. 140

FINISH: On Howard Street 24' 1" after (East) of Pole #5, when headed away from Rt. 140

Cone/Monitor: Inner edge of sidewalk corner when turning from Depot, onto Central (run on road or sidewalk) (no cutting parking lot)

Cone/Monitor: Inner Edge of sidewalk corner when rounding bend on S. Main in front of 1st house on the left side (run on road or sidewalk) (no cutting lawn up to black chain link)

Cone/Monitor: Road Edge on corner when turning onto Howard St. (run on road/ not rough dirt)



USA
TRACK & FIELDSM

USATF Certification #MA07031JK
 Expires 31 Dec 2017