



**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: \_\_\_\_\_

# Run to the Rock Half Marathon

## Plymouth MA

Measured 8/29/2008

by Justin & Tolya Kuo

jkuo@usatfne.org

Start: 3 Cedar Park Dr., in dwy of "Weymouth & Plymouth MRI"; PK nail on left side of dwy; 87.80' past FH (L); 57.22' before UP (L);

Mile 1: 199 Hedges Pond Rd (R)

Mile 2: 871 Long Pond Rd (L); just past mbox (L); 22.7' before SD (R).

Mile 3: Xsection Long Pond Rd & Timberlane (R); 20.8' before UP (R).

5K: 754 Long Pond Rd (R); 57 feet past mbox (R).

Mile 4: Long Pond Rd, opp. UP #37/280 (L); 69.6' before pair of SDs (R).

Mile 5: 553 Long Pond Rd (L); approx. 45' past mbox (L).

Mile 6: 444 Long Pond Rd (R) @ main entrance Waverly Oaks Golf Club; 34.7' before SD (R).

10K: 420 Long Pond Rd (R); just past dwy to Crosswinds Golf Course; 38.4' before UP (R).

Mile 7: 330 Long Pond Rd (R); in dwy (R).

Mile 8: 80 Jordan Rd (L); approx. 36' past mbox (L)

Mile 9: Jordan Rd before Bump Rock Rd (R); between mboxes #211 & #220 (L).

15K: Jordan Rd, before Sandwich Rd; just past mbox #261 (L); approx. 81' before FH (L).

Mile 10: 81 Sandwich Rd (L); by dwy (L); 27.08' past mbox #81.

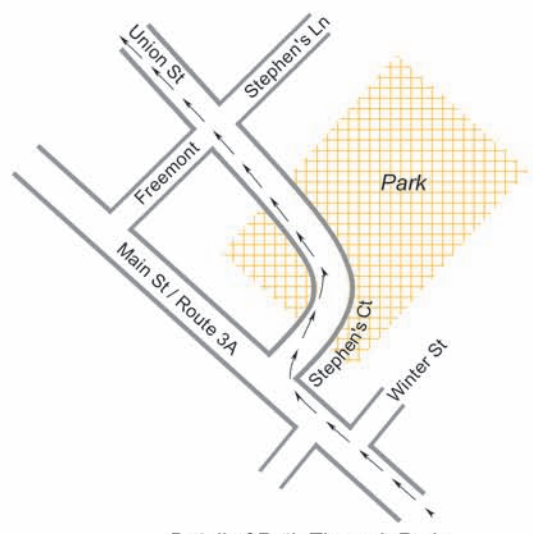
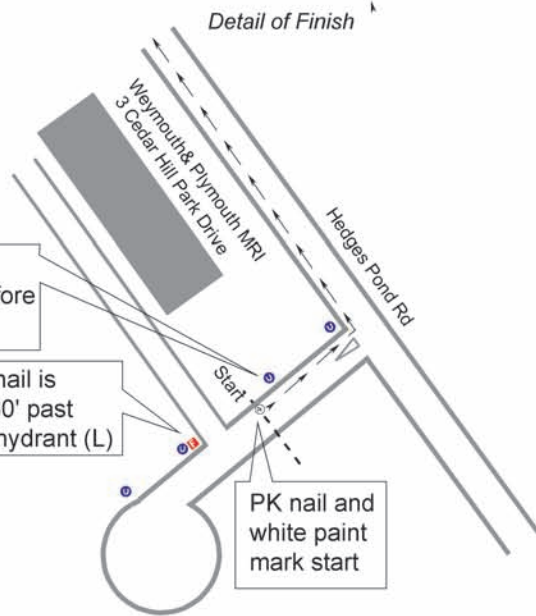
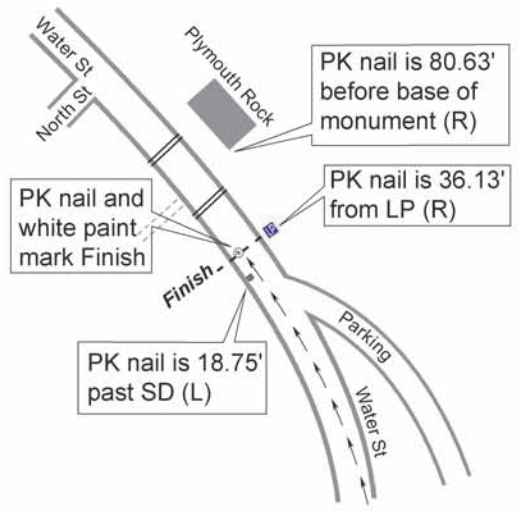
Mile 11: 386 Sandwich Rd (R); just past Karle Place (R); 62.75' past UP #47/101 (L); 78.75' before UP #100 (L).

Mile 12: 218 Sandwich St/Route 3A (R); at water cover; 11.31' past corner of #218.

20K: 140 Sandwich St/Route 3A (R); opp. Plymouth Medical Bldg #135-139 (L); 33.56' before FH (R); 57.23' past UP #33 (R).

Mile 13: Water St, opp. Brewster Park/Leyden St (L); 12.31' before UP #1048/9A (R); 27.03' past SD (R).

Finish: Water St, opp. black lamp post (R) before Plymouth Rock Monument (R); PK nail 80.63' before corner Plymouth Rock Monument (R); 36.13' across from black lamp post (R); 18.75' past SD (L).



Detail of Path Through Park

### Restrictions:

Runners stay right of centerline except

- 1) Start to Route 3 underpass.
- 2) Stephen's Ct. to Finish.



Certification MA08001JK  
Expires 31 Dec 2018