



*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

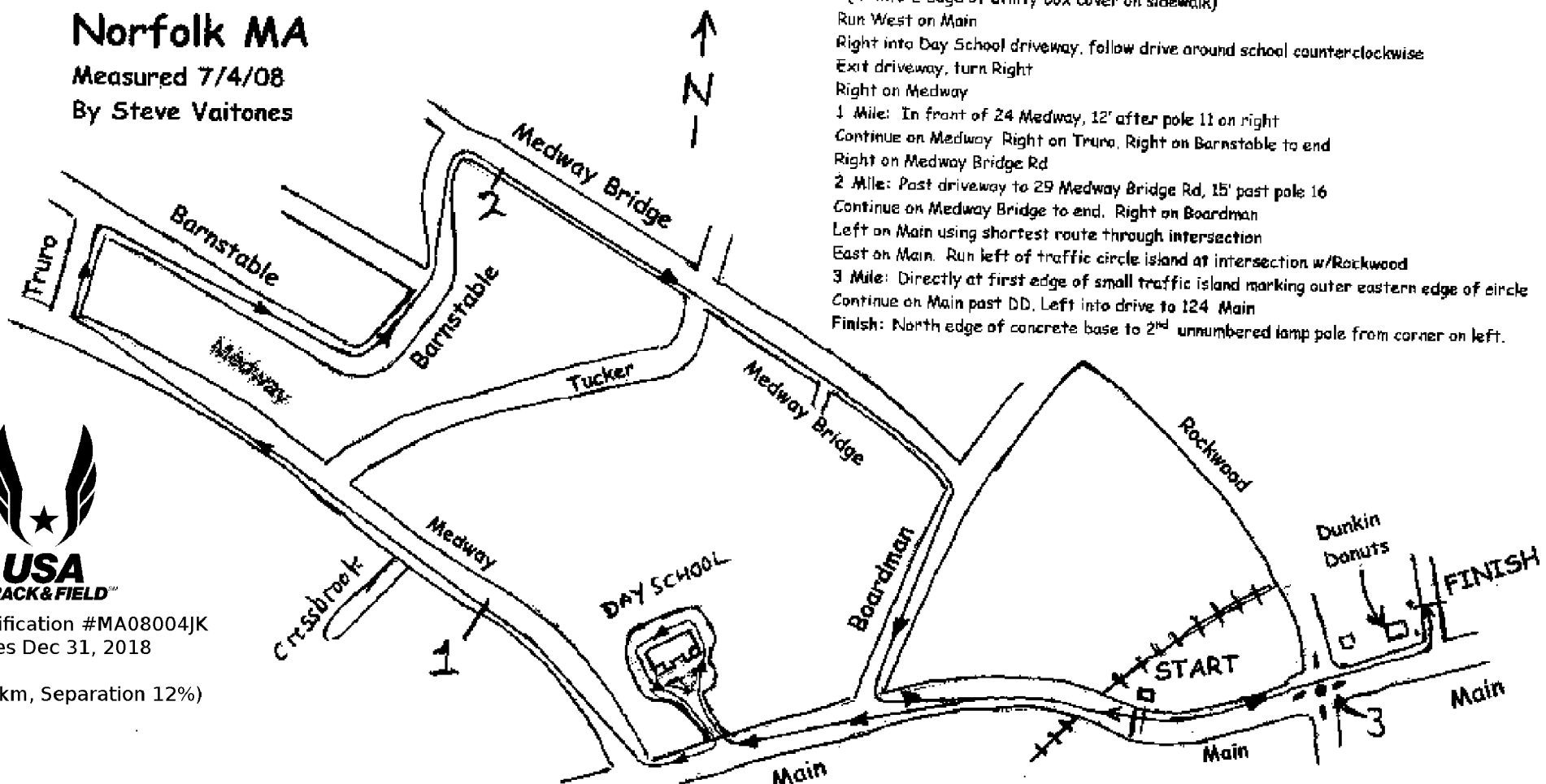
AS NATIONALLY CERTIFIED BY:

Date: _____

DARE to Run 5K Norfolk MA

Measured 7/4/08
By Steve Vaitones

Start: In front of 160 Main
16'1" east of edge driveway to 160 Main closest to bridge.
(4" into E edge of utility box cover on sidewalk)
Run West on Main
Right into Day School driveway, follow drive around school counterclockwise
Exit driveway, turn Right
Right on Medway
1 Mile: In front of 24 Medway, 12' after pole 11 on right
Continue on Medway Right on Truro, Right on Barnstable to end
Right on Medway Bridge Rd
2 Mile: Past driveway to 29 Medway Bridge Rd, 15' past pole 16
Continue on Medway Bridge to end. Right on Boardman
Left on Main using shortest route through intersection
East on Main. Run left of traffic circle island at intersection w/Rockwood
3 Mile: Directly at first edge of small traffic island marking outer eastern edge of circle
Continue on Main past DD. Left into drive to 124 Main
Finish: North edge of concrete base to 2nd unnumbered lamp pole from corner on left.



USATF Certification #MA08004JK
Expires Dec 31, 2018

(Drop 2 m/km, Separation 12%)

START CLOSE-UP

