



**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) \_\_\_\_\_

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: \_\_\_\_\_

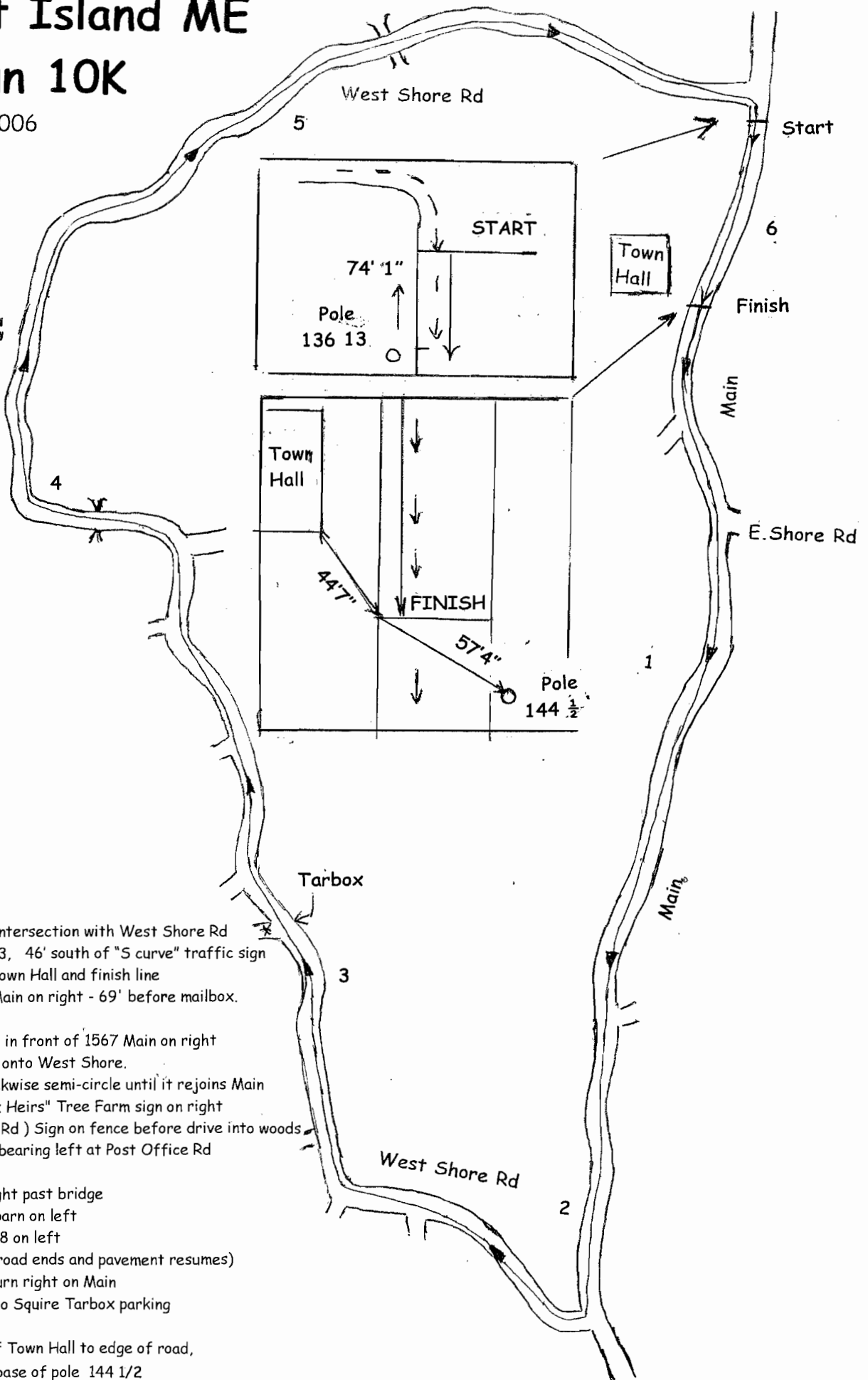
# Westport Island ME

## Shore Run 10K

Measured 2 July 2006

by Steve Vaitones

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N  
CERTIFICATION:  
ME06001JK



### COURSE

**Start:** Main St south of intersection with West Shore Rd  
74'1" north of pole 136/13, 46' south of "S curve" traffic sign  
South on Main St. Pass Town Hall and finish line

1 mile: Mailbox to 1357 Main on right - 69' before mailbox.  
South on Main St

2 mile: 20' past pole 502 in front of 1567 Main on right  
South on Main, turn right onto West Shore.

Follow West Shore in clockwise semi-circle until it rejoins Main

3 mile: 7' before "Tarbox Heirs" Tree Farm sign on right  
(about .1 before Tarbox Rd ) Sign on fence before drive into woods

Continue on West Shore, bearing left at Post Office Rd  
Cross first bridge

4 mile: After house on right past bridge  
85' before corner of barn on left

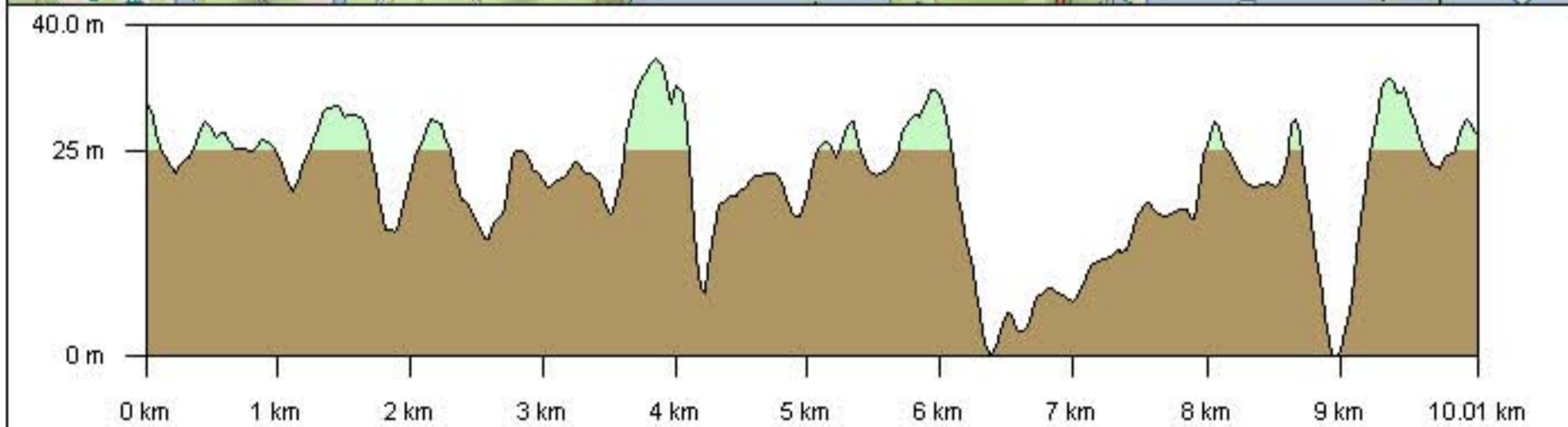
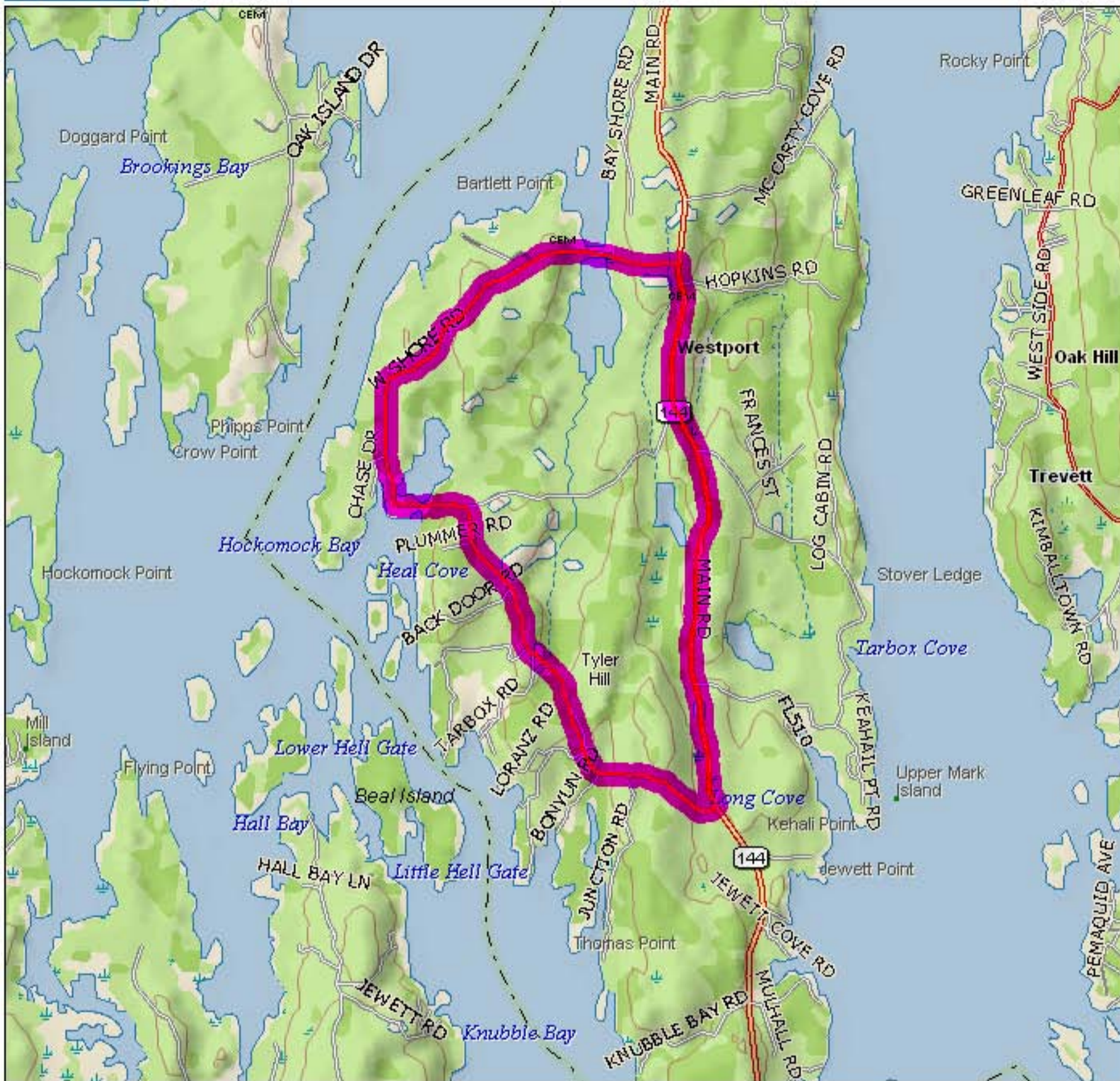
5 mile: 109' before pole 18 on left  
(2 poles before gravel road ends and pavement resumes)

To end of West Shore, Turn right on Main

6 mile: 55' before drive to Squire Tarbox parking

Finish: Past Town Hall.

44'7" SE from corner of Town Hall to edge of road,  
57'4" northwest from base of pole 144 1/2



Lin Dist: 10.00 km	Terr Dist: 10.01 km	Elev Gain: -4.0 m	Avg Grade: 3
Climb Elev: 190.7 m	Desc Elev: 194.8 m	Max. Elev: 36.2 m	Min. Elev: -0.3 m
Climb Dist: 5.17 km	Desc Dist: 4.84 km		