



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: _____

Larry Kessler 5 K

Boston MA

Measured April 29, 2007 by Steve Vaitones

USATF CERTIFICATION #MA07007JK

EXPIRES DEC 31, 2017

Run entirely on bikepaths / sidewalks

Start: Charles River Esplanade - "Island" - at lamp pole 60, 2nd pole after 2nd bridge from west end

West following bike path, cross bridge, bear right, then left onto path along Storrow Dr

Up ramp to Mass. Ave bridge, Right/north on Mass. Ave. Right/east on sidewalk along Memorial Dr

1 Mile: Opposite MIT Building 8, parallel to inner edge of east wing

Continue east. Bear right on Cambridge Parkway using paved bike path along Parkway

2 Mile: Opposite door at 2nd entrance to 55 Cambridge Parkway

Continue, right on sidewalk at Land Blvd, right following sidewalk along McGrath Hgwy, in front of MOS to Circle

Right following sidewalk along Storrow Drive (no turns)

3 Mile: Under Longfellow Bridge, 7th guardrail post on right

Bear right on bike path as it splits

Finish: In front of Community Boat House, 117" after pole 146 on left

