



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:

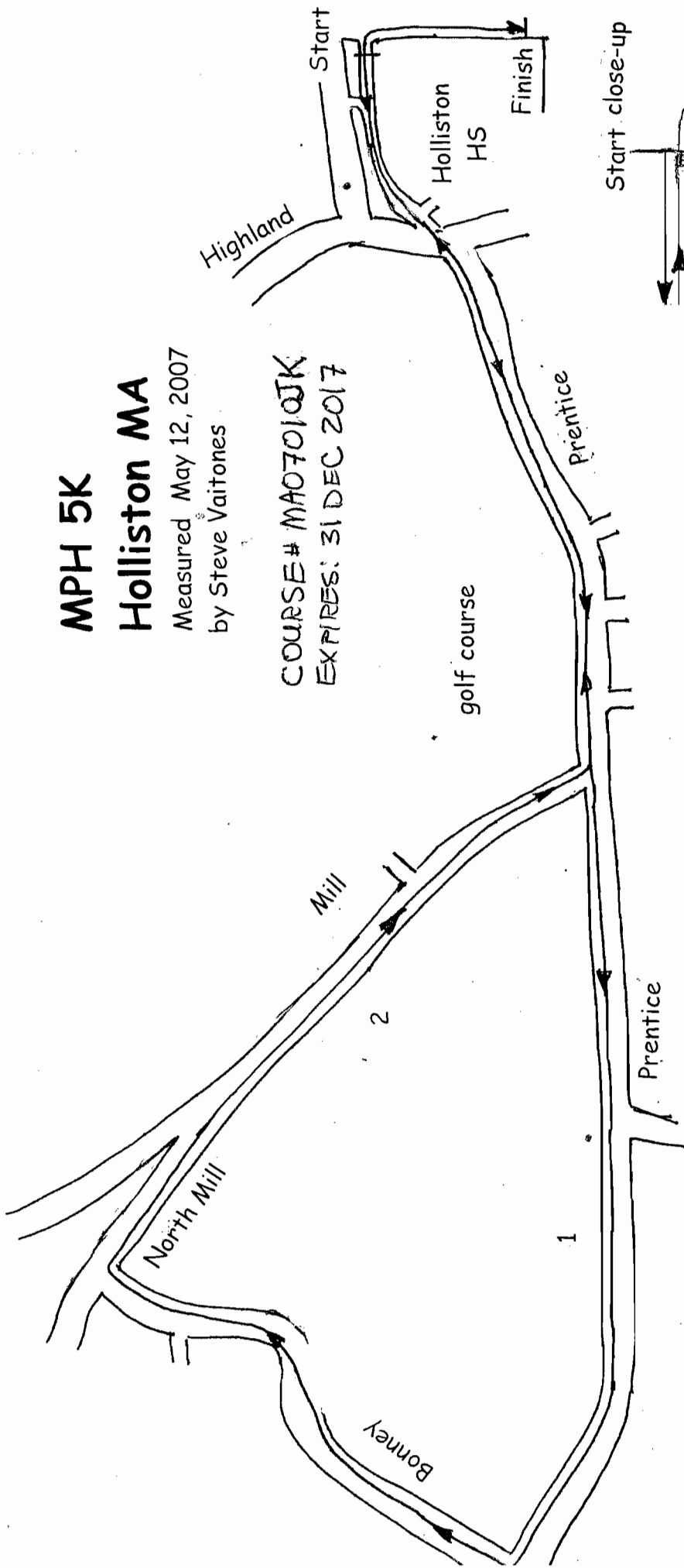
Date: _____

MPH 5K

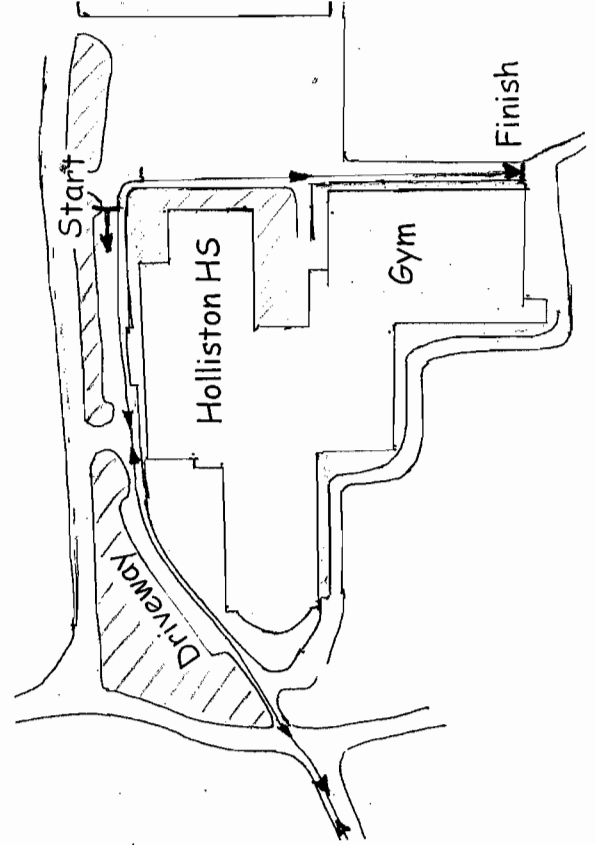
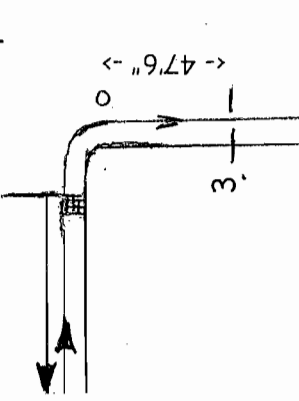
Holliston MA

Measured May 12, 2007
by Steve Vaitones

COURSE # MA0701QJK
EXPIRES: 31 DEC 2017



Start close-up



Start In front of High School
east edge of storm drain at northeast corner of school.
Follow drive west along school, exit drive, cross Highland to Prentice west
1 Mile - prior to 350 Prentice (on left) 5' past pole 39A
Right on Bonney Dr. Follow to Mill
Right on Mill
2 Mile - 147 Mill - 18' before driveway to 147 Mill
Continue on Mill
Left on Prentice
Cross Highland, straight into school drive, follow in front of high school
Cross start line
Immediate right following parking lot south
3 Mile - 47'6" after manhole in drive at corner
Continue on parking lot road, follow access road along HS gymnasium
Finish:
Access drive along HS gym, between door 19 and roll up door
15'2" after manhole cover, 16'1" before end of building.

