



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: _____

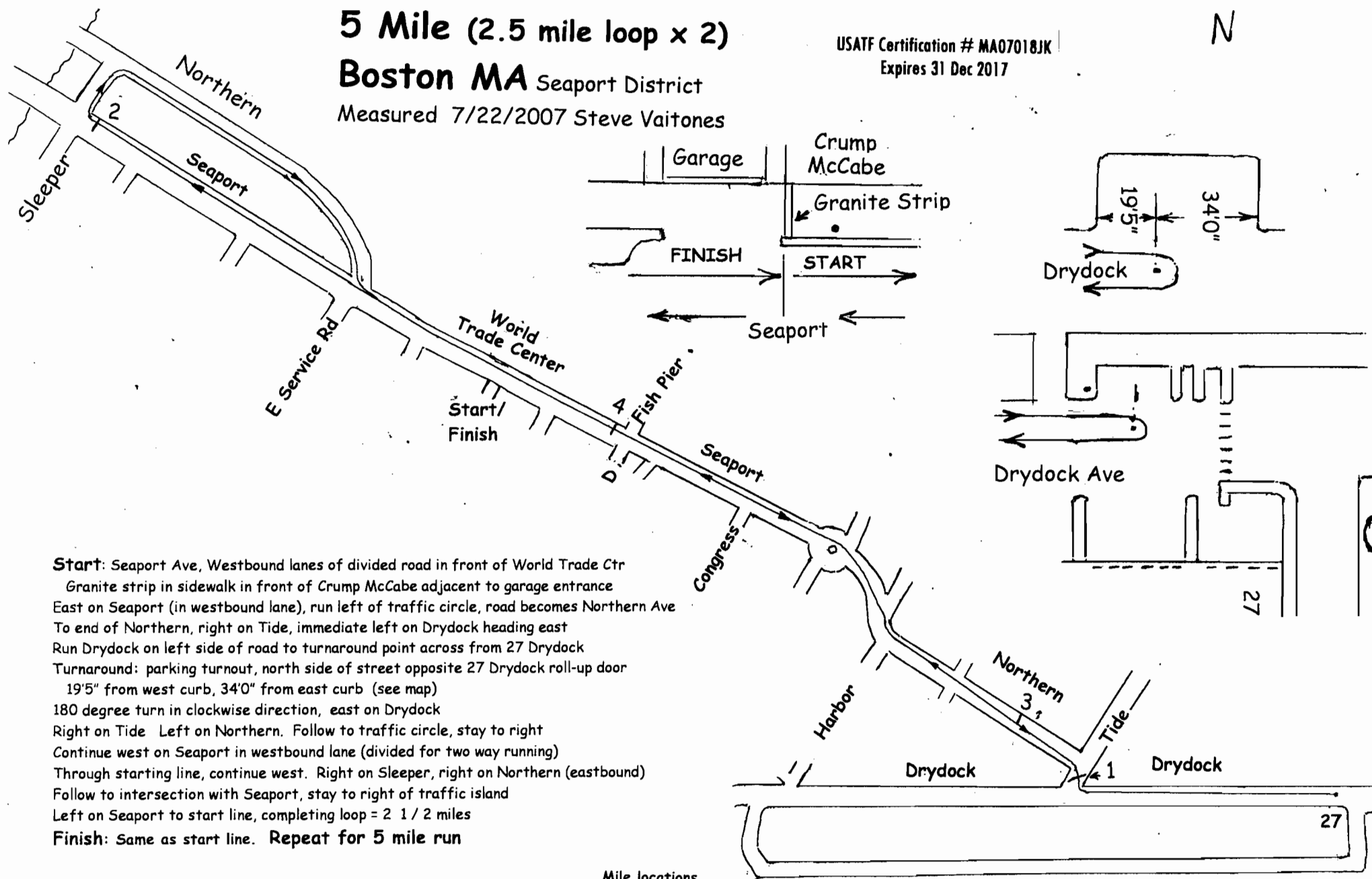
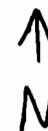
Ryka Iron Girl Run

5 Mile (2.5 mile loop x 2)

Boston MA Seaport District

Measured 7/22/2007 Steve Vaitones

USATF Certification # MA07018JK
Expires 31 Dec 2017



Start: Seaport Ave, Westbound lanes of divided road in front of World Trade Ctr

Granite strip in sidewalk in front of Crump McCabe adjacent to garage entrance

East on Seaport (in westbound lane), run left of traffic circle, road becomes Northern Ave

To end of Northern, right on Tide, immediate left on Drydock heading east

Run Drydock on left side of road to turnaround point across from 27 Drydock

Turnaround: parking turnout, north side of street opposite 27 Drydock roll-up door

19'5" from west curb, 34'0" from east curb (see map)

180 degree turn in clockwise direction, east on Drydock

Right on Tide Left on Northern. Follow to traffic circle, stay to right

Continue west on Seaport in westbound lane (divided for two way running)

Through starting line, continue west. Right on Sleeper, right on Northern (eastbound)

Follow to intersection with Seaport, stay to right of traffic island

Left on Seaport to start line, completing loop = 2 1/2 miles

Finish: Same as start line. Repeat for 5 mile run

Mile locations

- 1 Mile - First lap, after return from U turn, middle of Tide St, 44' before pole 3459 2x at Tide/Northern
- 2 Mile - First lap, 41'1" before sidewalk at Seaport and Sleeper, before turn onto Sleeper
- 3 Mile - Second lap, outbound, New Boston Seafood, 310 Northern Ave Bldg 1, 42' past fire alarm box
- 4 Mile - Second lap return approaching start opposite intersection of Seaport / D,
9' before overhead traffic light on pier side at crosswalk after entrance to Fish Pier