



*Road Running Technical Council
USA Track & Field*
Measurement Certificate



Name of the course Polar Dash Half Marathon Distance 21.0975km
Location (state) MN (city) St Paul
Type of course: Road Race
Measuring Methods: Bike
Measured By Rick Recker, IAAF Measurer - 19 S 1st St #2203 - Minneapolis, MN55401 - rick_recker@hotmail.com
Race Contact Team Ortho, Bx 490 - Rosemount, MN55068 - teamortho@gmail.com
Date(s) when course measured: 01/03/2020
Number of measurements of entire course: 2 Course Configuration: Loop w Out/Back
Elevation (meters above sea level) Start 205m Finish 210m Lowest 205m Highest 215m
Straight line distance between start and finish 140m Drop -0.237 m/km Separation 0.66 %
Type of surface: Paved 100 % Dirt 0 % Gravel 0 % Grass 0 % Track 0 %
Effective date of certification: January 3, 2020 Certification code: MN20002RR

Note 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.

Verification of Course --- In the event a National Open Record is set on the course, or at the discretion of USA Track & Field, a verification measurement 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 of the year: **2030**

AS NATIONALLY CERTIFIED BY:

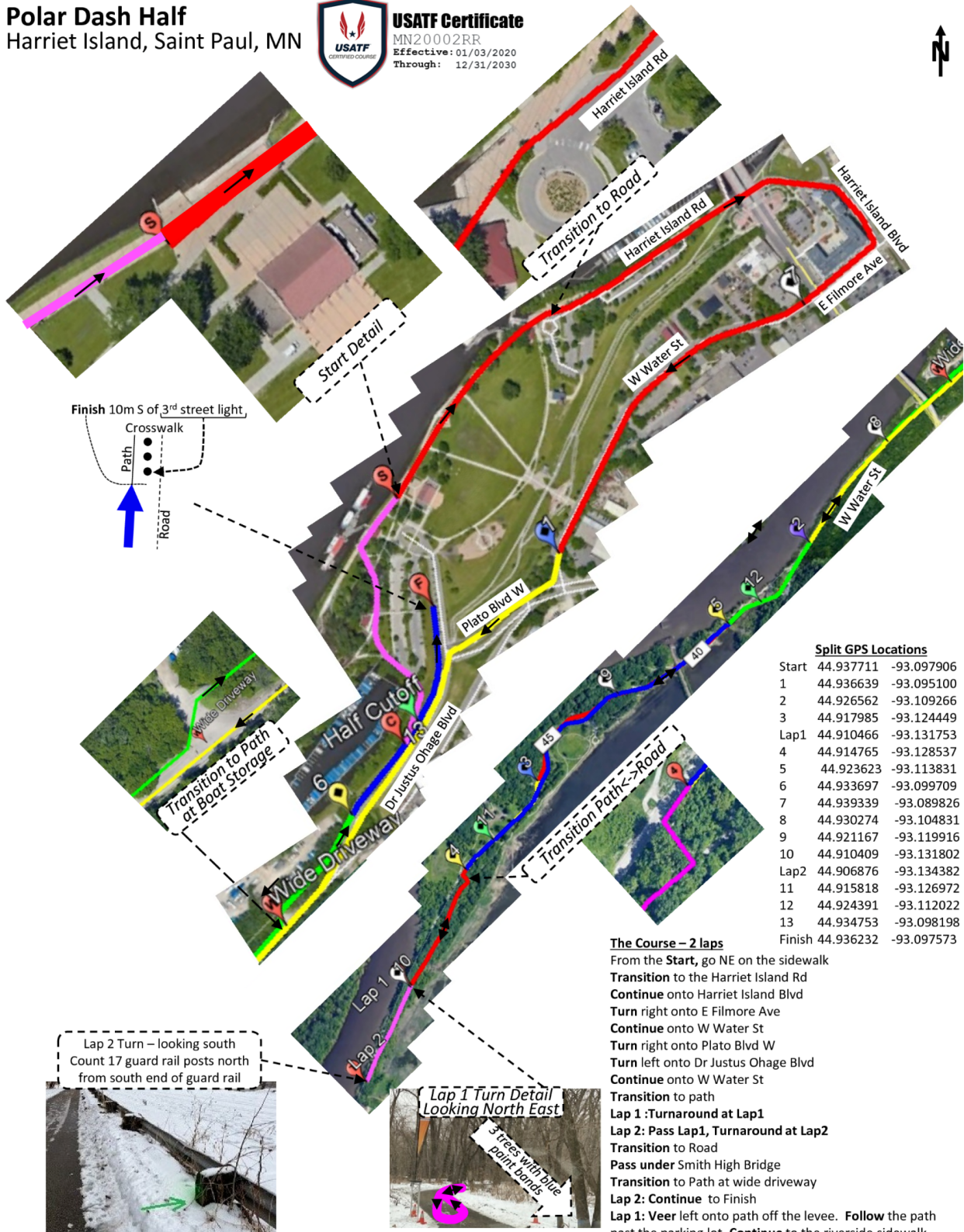
Date: October 7, 2020

Rick Recker - USATF/RRTC Certifier - 19 S 1st St #2203, Minneapolis MN 55401
(612) 375-0805 - rick_recker@hotmail.com

Polar Dash Half
Harriet Island, Saint Paul, MN



USATF Certificate
MN20002RR
Effective: 01/03/2020
Through: 12/31/2030



Split GPS Locations

Start	44.937711	-93.097906
1	44.936639	-93.095100
2	44.926562	-93.109266
3	44.917985	-93.124449
Lap1	44.910466	-93.131753
4	44.914765	-93.128537
5	44.923623	-93.113831
6	44.933697	-93.099709
7	44.939339	-93.089826
8	44.930274	-93.104831
9	44.921167	-93.119916
10	44.910409	-93.131802
Lap2	44.906876	-93.134382
11	44.915818	-93.126972
12	44.924391	-93.112022
13	44.934753	-93.098198
Finish	44.936232	-93.097573

The Course – 2 laps

From the **Start**, go NE on the sidewalk
Transition to the Harriet Island Rd
Continue onto Harriet Island Blvd
Turn right onto E Filmore Ave
Continue onto W Water St
Turn right onto Plato Blvd W
Turn left onto Dr Justus Ohage Blvd
Continue onto W Water St
Transition to path
Lap 1 :Turnaround at Lap1
Lap 2 : Pass Lap1, Turnaround at Lap2
Transition to Road
Pass under Smith High Bridge
Transition to Path at wide driveway
Lap 2 : **Continue** to Finish
Lap 1 : **Veer** left onto path off the levee. **Follow** the path past the parking lot. **Continue** to the riverside sidewalk.
Turn right onto sidewalk and go to the **Start** to begin lap 2.

Measured by: Rick Recker 612-375-0805 on 3 January 2020

Participants may use all of the road/path to obtain the shortest route.