



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



Name of the course Healthy Human Race Half Marathon 2025 Distance 21.0975 km  
Location (state) MN (city) Rochester  
Type of course: Road Race  
Measuring Methods: Bicycle  
Measured By John Resman, 2113 Northview Lane NE, Rochester, MN 55906, jresman@gmail.com, 507-261-9936  
Race Contact ,  
Date(s) when course measured: 08/06/2025  
Number of measurements of entire course: 2 Course Configuration: Loop  
Elevation (meters above sea level) Start 302.97 Finish 302.97 Lowest 299.01 Highest 313.94  
Straight line distance between start and finish 0m Drop 0.00 m/km Separation 0.00 %  
Type of surface: Paved 100 % Dirt 0 % Gravel 0 % Grass 0 % Track 0 %  
Effective date of certification: August 11, 2025 Certification code: MN25023MAB

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.

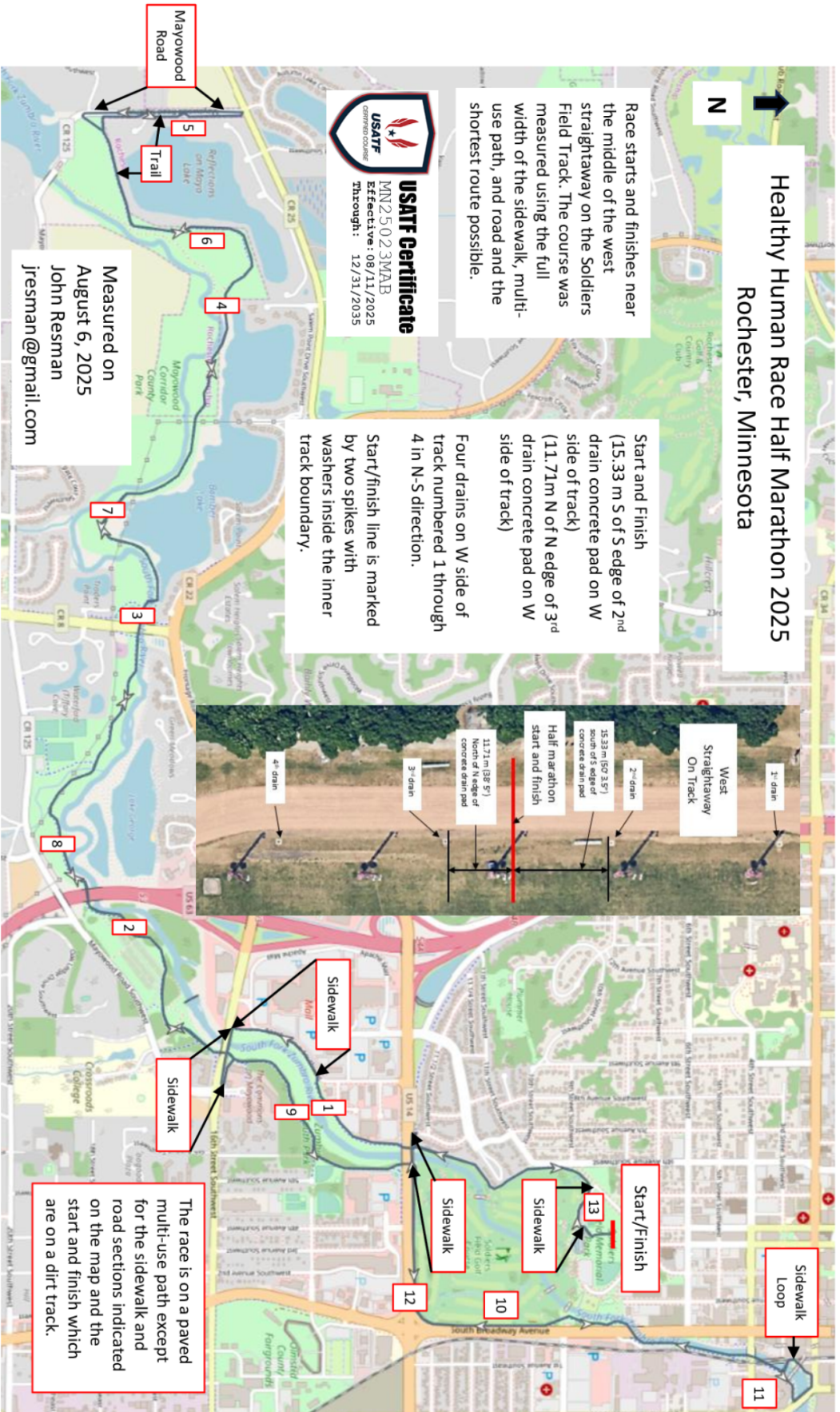
**Verification of Course ---** In the event a National Open Record is set on the course, or at the discretion of USA Track & Field, a verification measurement may be required to be performed by a member of the Road Running Technical Council. If such a remeasurement shows the course to be short, then all pending records will be rejected and the course certification will be cancelled.

***This certification expires on December 31 of the year:*** **2035**

**AS NATIONALLY CERTIFIED BY:**

Date: August 22, 2025

Michael Bialick - USATF/RRTC Certifier - 12667 Sherwood Pl, Minnetonka MN 55305  
(952) 454-2165 - michael.bialick@gmail.com



Healthy Human Race Half Marathon - 2025  
Rochester, MN

The Healthy Human Race Half Marathon starts and finishes on the Soldiers Field Track. The course was measured using the full width of the sidewalk, multi-use path and road while traversing the shortest route possible.

The half marathon starts and finishes near the middle of the west straightaway of the Soldiers Field track.

#### Half Marathon Start/Finish

On the west straightaway of the Soldiers Field track, there are four drains with concrete pads. Label these drains #1 - #4 in the north-south direction. The start/finish line is between drains 2 and 3. The start/finish line is located

- 15.33m (50' 3.5") south of the south edge of drain #2's concrete pad
- 11.71m (38' 5") north of the north edge of drain #3's concrete pad.

There are two spikes with washers on the inside of the track boundary indicating the start/finish line location. There is also a spike with washer on the opposite side of the track outside of the track boundary.

#### Half Marathon Mile Splits

- Mile 1 - 48' 4" south of the electrical transformer box on West side of trail
- Mile 2 - 174' 7" east of pole with white (bikes yield to peds sign) and brown MN trails sign (by east side of large tree)
- Mile 3 - 18' 4" east of trail post ZS506 south of pedestrian bridge
- Mile 4 - 76' 10" east of end of chain link fence
- Mile 5 - 11' 1" north of stop ahead sign south of the intersection of Salem Road and Mayowood Road SW
- Mile 6 - 435' 7" east of bench
- Mile 7 - 442' 10" east of bend in chain link fence
- Mile 8 - 92' 3" east of wooden bench
- Mile 9 - 134' 5" south of south edge of concrete picnic table pad
- Mile 10 - 49' 6" north of light pole with airport sign
- Mile 11 - 17' 9" south of south railing of pedestrian bridge
  - Note: Mile 11 occurs after the 3rd Avenue bridge loop is completed
- Mile 12 - 108' 3" west of 1st utility pole west of South Broadway/12th St SW intersection
- Mile 13 - 33' 6" east of No parking sign by the golf course service entrance gate

#### Half Marathon Route Description

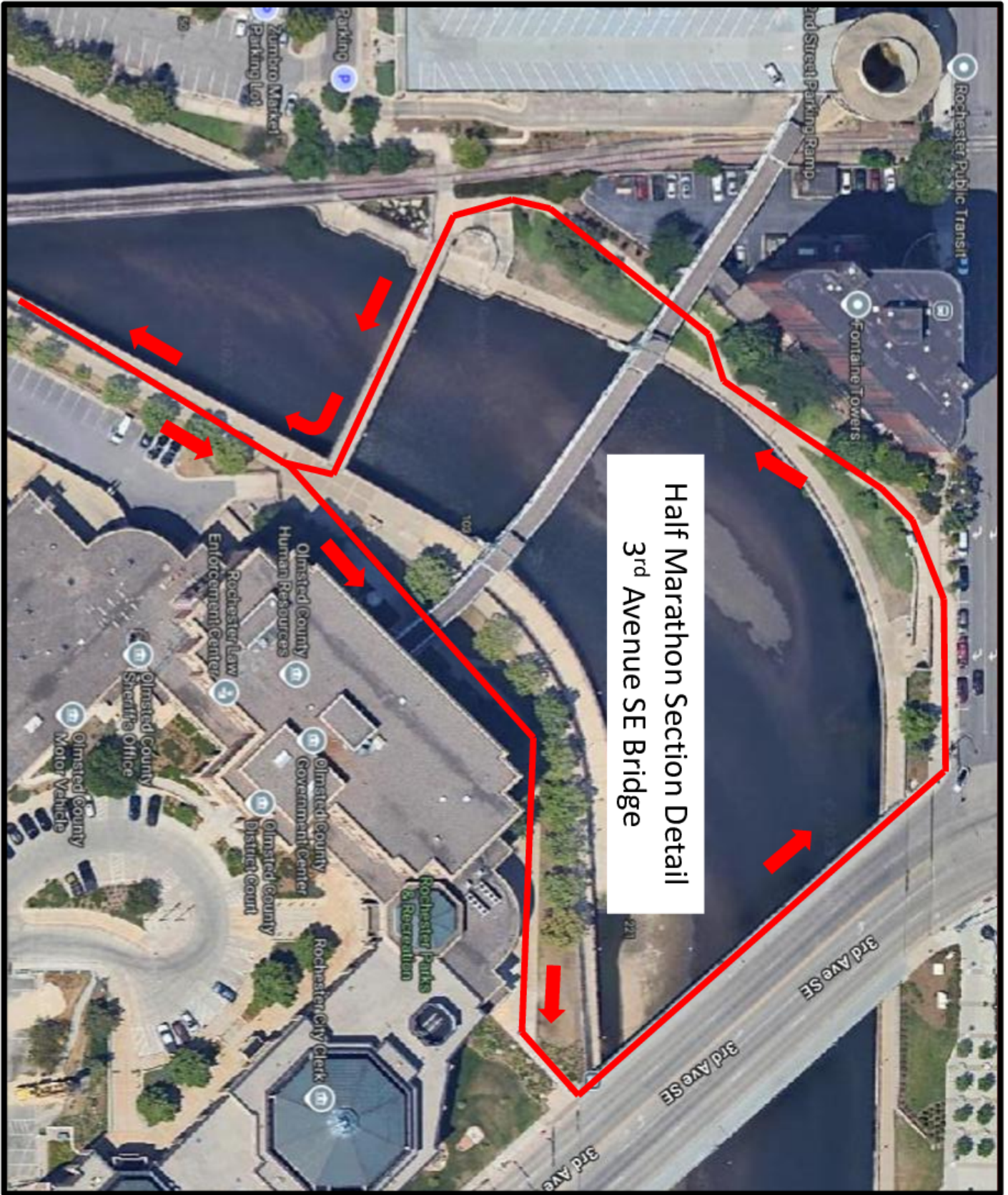
- starts around the middle of the west straightaway of the Soldiers Field Track
- head south on the track to the path that goes around the west side of the golf course
- follow the path on the west side of the Soldiers Field golf course
- go under the 12th Street SW bridge
- follow the path on the west side of the Zumbro River to the 16th St bridge
- turn east onto the 16th St bridge sidewalk and head to the intersection of 16 St SW and Mayowood Road SW
- at the intersection, turn left (west) from the sidewalk onto the bike path (about a 180 degree turn) and head west to the Zumbro River
- at the Zumbro River, turn left and head south on the path which follows the south side of the Zumbro River
- continue on this path under Highway 52 and under Bamber Valley Road
- after going under Bamber Valley Road, turn right (north) and take the pedestrian bridge over the Zumbro River
- after crossing the bridge, take a left (west) and follow the path which is now on the north side of the Zumbro River
- follow this path all the way to Mayowood Road SW
- when the path nears Mayowood Road SW, follow the path as it turns right and head north on the trail along Mayowood Road SW
- take the path till it ends at the intersection of Salem Road SW and Mayowood Road SW
- turn left onto Mayowood Rd SW and head south until the trail intersection
- turn east onto the trail and follow the trail along the north side of the Zumbro River
- when the trail approaches Bamber Valley Road SW, turn right (south) onto the pedestrian bridge crossing the Zumbro River
- after crossing the bridge, continue east on the path under Bamber Valley Road
- continue east on this trail under the Highway 52 bridge
- continue on the trail as it heads northeast along the Zumbro River
- continue on the trail under the 16th St SW bridge and the 12th St SW bridge
- after going under the 12th St SW bridge, turn right (east) and follow the trail along the south side of the golf course
- follow the trail as it turns north at the Highway 14/South Broadway intersection
- continue heading north on this trail along the golf course and continue under the South Broadway Bridge

- continue north on the trail as it heads to the Government Center
- at the Government Center, take a slight right and head north on the sidewalk to the 3rd Avenue SE Bridge
- at the 3rd Avenue SE bridge, take a left onto the bridge sidewalk and cross the Zumbro River using the bridge
- after crossing the 3rd Avenue SE Bridge, turn left and head south on the sidewalk to the pedestrian bridge over the Zumbro River
- turn left (east) onto the pedestrian bridge
- after crossing the pedestrian bridge, turn right (south) and continue south on the trail to the golf course
- the trail will turn right (west) at the South Broadway/Highway 14 intersection
- head west on the trail and take the slight left to go onto the Highway 14/12th St SW bridge over the Zumbro River
- after crossing the bridge, turn right at the trail connection which takes you east back to the Zumbro River
- at the Zumbro River, turn left (north) and follow the trail along the golf course all the way back to the track
- take the path to the track, turn left (north) onto the track
- head to the finish line in the middle of the west straightaway on the track









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