



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

# **Measurement Certificate**



Name of the course Twin Cities 10 Mile Distance 10 mi

Location (state) MN (city) Minneapolis to St. Paul

Type of course: Road Race

Measuring Methods: Bicycle

Measured By Doug Thurston, P. O. Box 2922, Santa Fe, NM 87504, tallmtnbiker@yahoo.com, 916-802-7668

Race Contact Sam Rush, 2635 University Ave. W, Suite 190, St. Paul, MN 55114

Date(s) when course measured: 08/27/22, 08/28/22, 06/15/24

Number of measurements of entire course: 2 Course Configuration: point-to-point

Elevation (meters above sea level) Start 263.00 Finish 232.00 Lowest 220.00 Highest 263.00

Straight line distance between start and finish 12650m Drop 1.93 m/km Separation 78.60 %

Type of surface: Paved 100 % Dirt 0 % Gravel 0 % Grass 0 % Track 0 %

Effective date of certification: September 27, 2024 Certification code: MN22003MAB

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:*** **2032**



**AS NATIONALLY CERTIFIED BY:**

Date: September 28, 2024

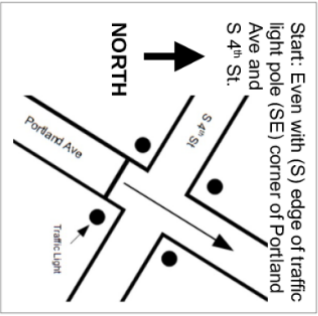
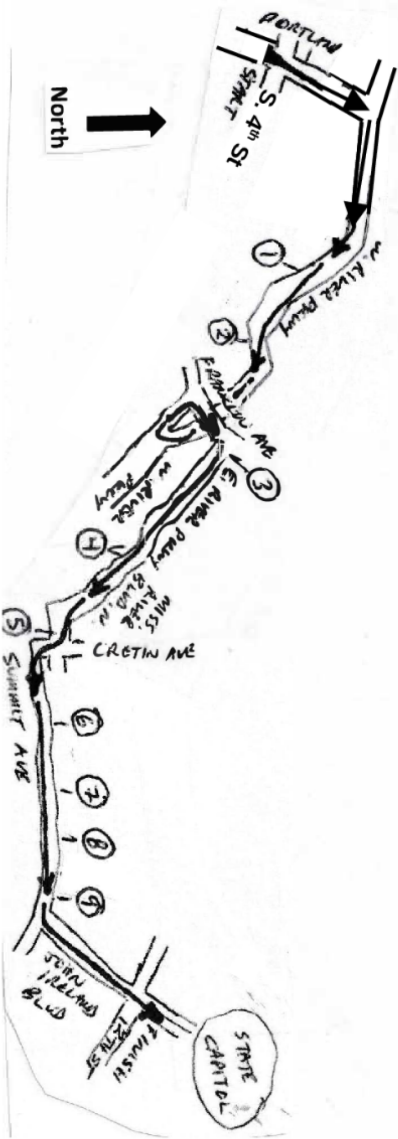
Michael Bialick - USATF/RRTC Certifier - 12667 Sherwood Pl, Minnetonka MN 55305  
(952) 454-2165 - michael.bialick@gmail.com

### Twin Cities 10 Mile

Measured June 15, 2024 (revised start to mile 1) by Nissa Larson and August 27-28, 2022, by Doug Thurston, World Athletics/ALMS Level A Measurer, and Sam Rush  
 Measurer contact: Doug Thurston, cell (916) 802-7668, email: tallmtrbiker@yahoo.com

#### Course Locations

- Start On Portland Avenue even with south edge of traffic light pole on the southeast corner of Portland Ave and S. 4<sup>th</sup> Street.
- Mile 1 On West River Parkway underneath the eastern edge of the northbound I-35W bridge and 71-feet before the pedestrian crossing sign between the I-35W bridge and the 10<sup>th</sup> Avenue bridge.
- Mile 2 On West River Parkway past S. 4<sup>th</sup> street and 45-feet past (east of) the "Watch for Falling Rock" sign on the right (south) side of the Parkway.
- Mile 3 On Franklin Avenue just after the bridge and just before turn onto East River Parkway 20 feet past (east of) the traffic light for eastbound Franklin Avenue traffic on the southeast corner.
- Mile 4 On Mississippi River Blvd., past (southeast of) Emerald Street and 58-feet past the southeastern edge of the false driveway in front of house no. 506.
- Mile 5 On eastbound N. Mississippi River Blvd., 76-feet east of the east edge of the storm grate in front of home no. 80.
- Mile 6 On eastbound side of Summit Avenue between Howell and Dewey Streets and five feet past (east of) the eastern edge of the steps in front of house no. 1866.
- Mile 7 On eastbound Summit Avenue between Albert and Hamline Avenues 8-feet past (east of) the eastern steps leading to house no. 1390.
- Mile 8 On Summit Avenue just east (past) Milton Street in front of St. Paul's Church on the south side of the street and even with the first light pole that is just before (west of) the main entrance to the church.
- Mile 9 On Summit Avenue just before (west of) the intersection with Ramsey Street and 3 feet west of (before) the west edge of the island median of Summit and Ramsey.
- Finish On northbound John Ireland Blvd., north of 12<sup>th</sup>/Rice Street and 61-feet south (before) the first parking meter on the east side of road. Also, 97-feet north of the south end of the median on the north side of 12<sup>th</sup> Street.



Measured using the shortest possible route unless noted otherwise.



**USATF Certificate**  
 MN22003MAB  
 Effective: 09/27/2024  
 Through: 12/31/2032

