



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



Name of the course Spring Forward 10 Mile Distance 10 mi  
Location (state) NE (city) Lincoln  
Type of course: Road Race  
Measuring Methods: Bicycle  
Measured By Gary Meyer, 5822 Ohio St, Omaha, NE 68104, gfmeyer.gm@gmail.com, 402-681-5515  
Race Contact Dave Hattan, 1002 N 105 St Lincoln, NE 68527 402 430-7921 dhattan@neb.rr.com  
Date(s) when course measured: 03/16/2025  
Number of measurements of entire course: 2 Course Configuration: keyhole  
Elevation (meters above sea level) Start 363.93 Finish 363.93 Lowest 360.58 Highest 400.20  
Straight line distance between start and finish 0.0m 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: December 9, 2024 Certification code: NE24006GM

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:*** **2034**

**AS NATIONALLY CERTIFIED BY:**

Date: March 17, 2025

Gary Meyer - USATF/RRTC Certifier - 5822 Ohio St, Omaha NE 68104  
(402) 681-5515 - gfmeyer.gm@gmail.com

# SPRING FORWARD 10 Mile LINCOLN, NEBRASKA

Measured by Gary Meyer and Dan Allen  
gfmeyer.gm@gmail.com  
11/16/2024 using S.P. R.

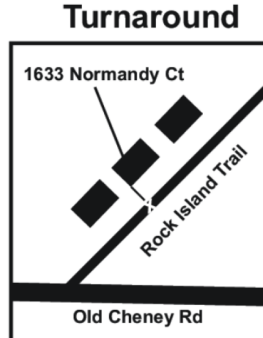
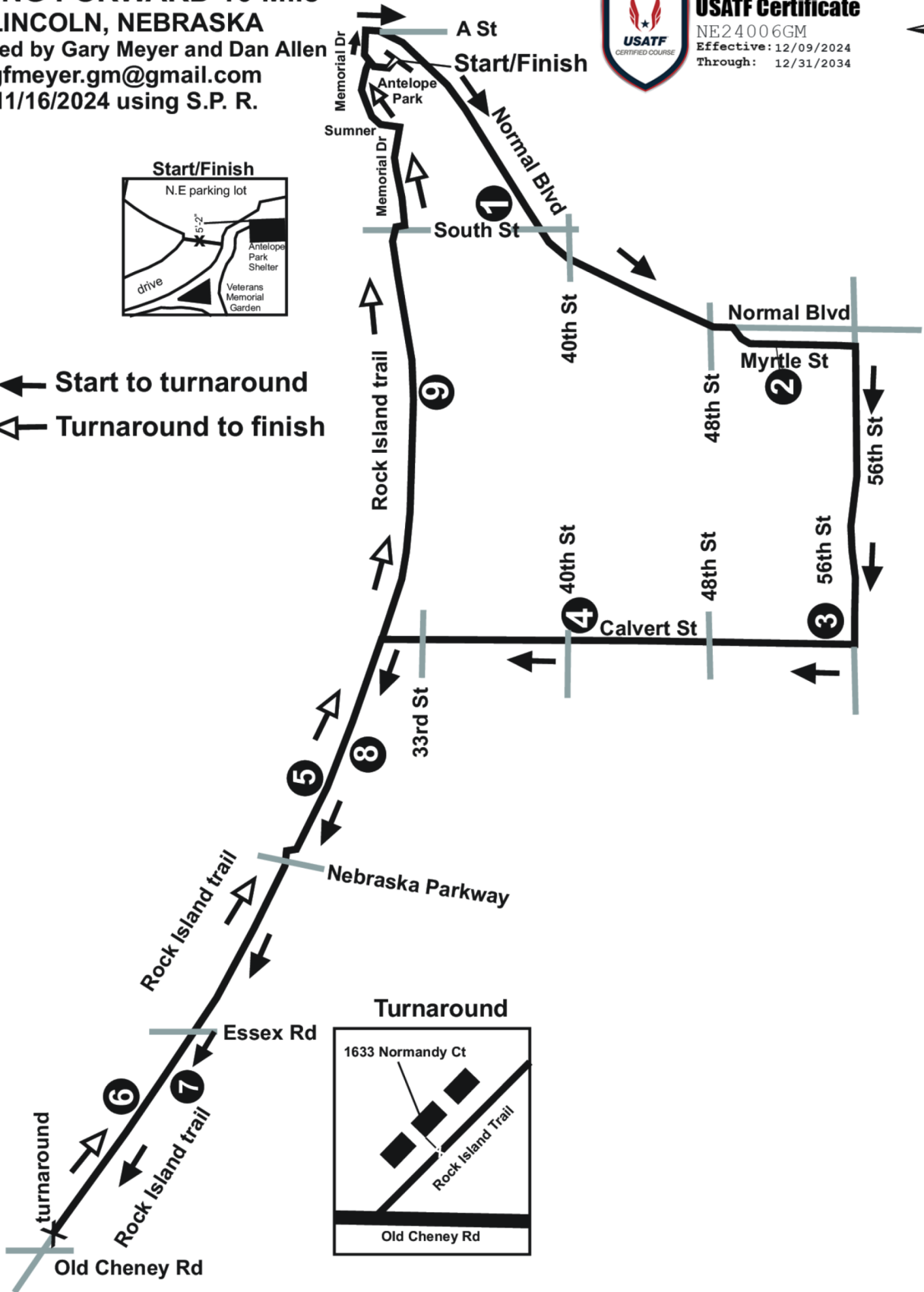


**USATF Certificate**

NE24006GM  
Effective: 12/09/2024  
Through: 12/31/2034



- ← Start to turnaround
- ↶ Turnaround to finish



**Spring Forward Run 10 Mile points measured**

**Start/Finish-** In Antelope park, N of Veterans Memorial Garden and at entrance to NE parking lot. S/F point is 5' 2" S of N edge of Antelope park Shelter.

**1 M** - 159' SW of first light pole on S side of Normal at South St.

**2 M** – At Driveway between 4965 & 4975 Myrtle

**3 M** - 5' E of mailbox across from 5417 Calvert

**4 M** – 5' W of sewer inlet at NE corner of 39<sup>th</sup> and Calvert

**5 M-** 43' S of N walkway to Country Club Apartment complex  
(GPS N40 46.314 W096 40.756)

**6 M-** approximately 150' NE of N edge of driveway at 5266 Goldenrod Circle, on W side of trail (GPS N40 45.655 W096 41.460)

**TA-** Parallel with S wall of 1633 Normandy Ct. (1633 is the center of the 3 bldgs).  
TA is N of Old Cheney Rd.

**7 M-** Approximately 400' S of Essex St. (GPS N40 45.716 W096 41.375)

**8 M-** 172' SW of post on E side of trail. Near 4001 Teri Ln. on E side of trail.  
(GPS N40 46.390 W096 40.698)

**9 M-** 4' S of Rain Recreation Sign on S side of trail near Memorial Park near Smith St.  
(GPS N40 47.214 W096 40.413)

**Course description**

Start NE of Auld Pavillion in Antelope park, at entrance to NE parking lot. Proceed to Memorial Drive, turn right, N to A St, then turn right, E and continue to Normal Blvd. Turn right, SE on Normal. Cross South St. & 40<sup>th</sup> St. Continue on Normal Blvd., then turn right, SE onto Myrtle Continue on Myrtle. Turn right, S onto 56<sup>th</sup> St. Proceed S and turn right, W onto Calvert St. Continue W on Calvert past 48<sup>th</sup>, 40<sup>th</sup> and 33<sup>rd</sup> St. Turn left, SW onto the Rock Island trail. Proceed SE across the bridge over Nebraska Hwy (Hwy.2) Continue to the turnaround, NE of Old Cheney Rd and parallel with the S side of 1633 Normandy Ct. (Middle bldg of the 3 on the W side of trail). Return NE on Rock island trail until South St. Cross South St and turn to the right, E on South St and then turn immediately left, N onto Memorial Dr. Continue N on Memorial Drive, turn left, W on Sumner St which turns right, N into Memorial Dr. Upon reaching the entrance to Antelope Park, turn right, E and proceed thru the park to the Finish.