



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



Name of the course Spring Forward 10 Mile Distance 10mi  
Location (state) NE (city) Omaha  
Type of course: Road Race  
Measuring Methods: Bike  
Measured By Gary Meyer, 5822 Ohio Street Omaha, NE  
Race Contact Jason McCown, 7000 Straffan PL. Unit D Lincoln NE 402 440-7391 jmccown75@gmail.com  
Date(s) when course measured: 03, 22, 2019  
Number of measurements of entire course: 2 Course Configuration: keyhole  
Elevation (meters above sea level) Start 393m Finish 393m Lowest 384m Highest 428m  
Straight line distance between start and finish 0m Drop 0 m/km Separation 0 %  
Type of surface: Paved 100 % Dirt 0 % Gravel 0 % Grass 0 % Track 0 %  
Effective date of certification: March 27, 2019 Certification code: NE19024GM

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:*** **2029**

**AS NATIONALLY CERTIFIED BY:**

Date: February 3, 2021

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

# Spring Forward 10 Mile

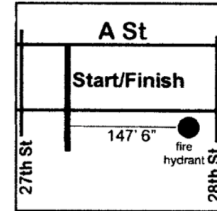
Lincoln, NE



measured for certification March 22, 2019  
by Gary Meyer gfmeyer.gm@gmail.com  
effective March 27, 2019 to December 31, 2029

Measured using SPR

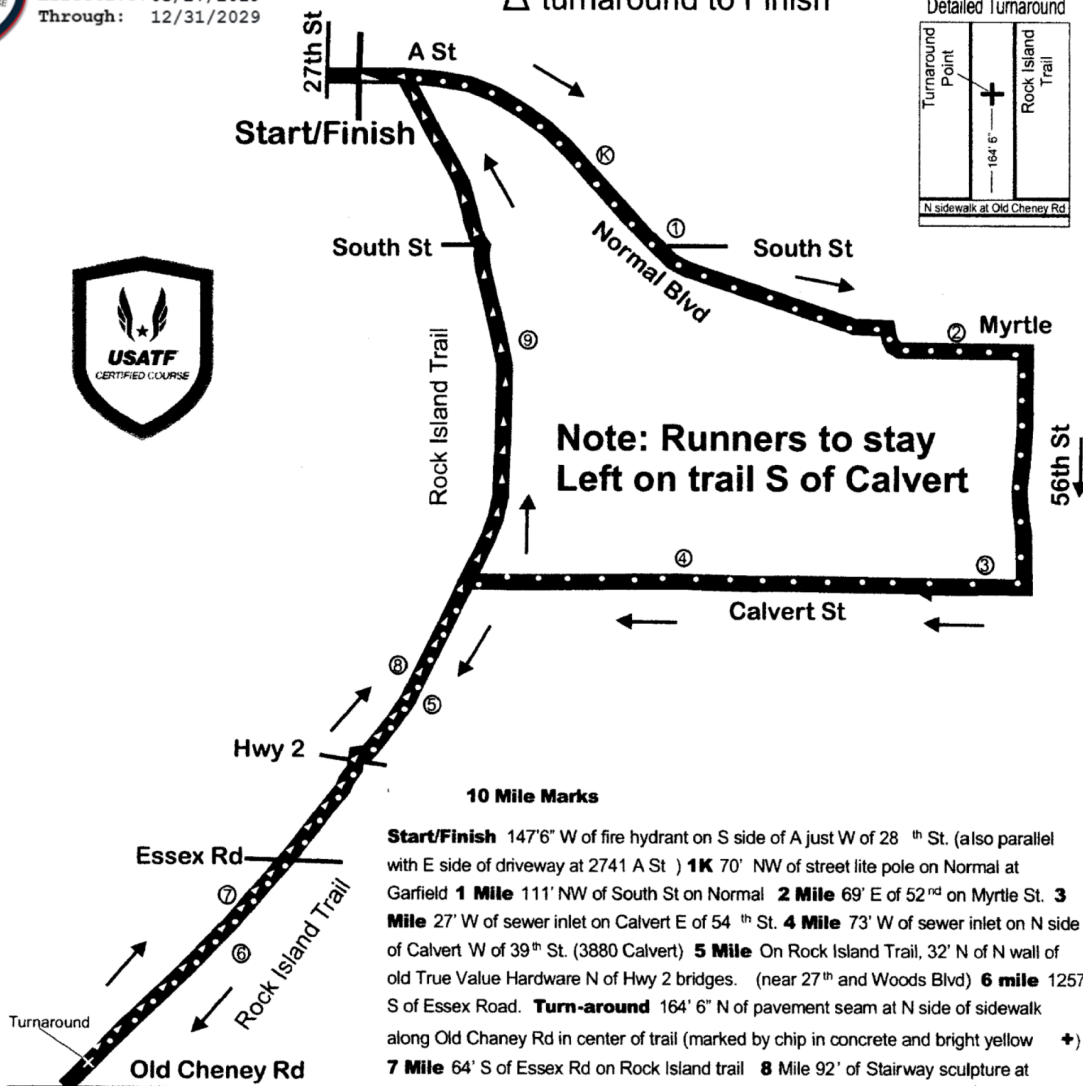
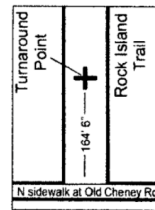
Detailed Start/Finish



**USATF Certificate**  
NE19024GM  
Effective: 03/27/2019  
Through: 12/31/2029

○ Start to turnaround  
△ turnaround to Finish

Detailed Turnaround



**Note: Runners to stay Left on trail S of Calvert**

**10 Mile Marks**

**Start/Finish** 147'6" W of fire hydrant on S side of A just W of 28<sup>th</sup> St. (also parallel with E side of driveway at 2741 A St ) **1K** 70' NW of street lite pole on Normal at Garfield **1 Mile** 111' NW of South St on Normal **2 Mile** 69' E of 52<sup>nd</sup> on Myrtle St. **3 Mile** 27' W of sewer inlet on Calvert E of 54<sup>th</sup> St. **4 Mile** 73' W of sewer inlet on N side of Calvert W of 39<sup>th</sup> St. (3880 Calvert) **5 Mile** On Rock Island Trail, 32' N of N wall of old True Value Hardware N of Hwy 2 bridges. (near 27<sup>th</sup> and Woods Blvd) **6 mile** 1257' S of Essex Road. **Turn-around** 164' 6" N of pavement seam at N side of sidewalk along Old Cheney Rd in center of trail (marked by chip in concrete and bright yellow +) **7 Mile** 64' S of Essex Rd on Rock Island trail **8 Mile** 92' of Stairway sculpture at Bishop Heights Park. **9 Mile** 63' N of access trail and steps from the east near 33<sup>rd</sup> and Lake St.