



*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  
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, 651-289-7706  
Date(s) when course measured: 05/11/2025  
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: June 15, 2025 Certification code: MN25003DT

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: June 15, 2025

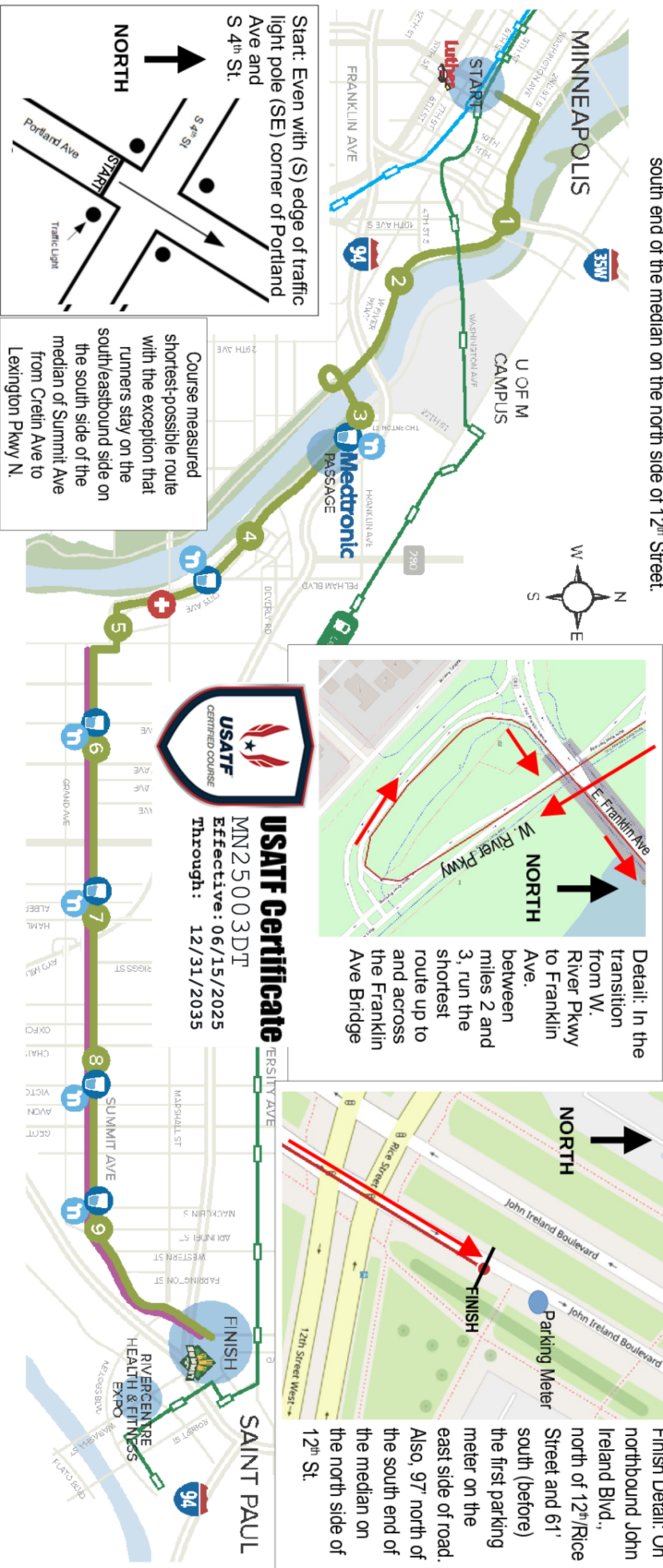
Doug Thurston - USATF/RRTC Certifier - P. O. Box 2922, Santa Fe NM 87504  
(916) 802-7668 - tallmtnbiker@yahoo.com

## Twin Cities 10 Mile

10 Miles, Minneapolis to St. Paul, Minnesota, USA  
 Measured May 11, 2025 by Doug Thurston, World Athletics/ALMS Level A Measurer. Contact: Doug Thurston, cell (916) 802-7668, email: tallmtnbiker@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 10' west of, or past, the eastern edge of the northbound I-35W bridge above the road and 51' west of, or before, sign on south side for River Cruises west of 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-foot past (east of) the "Watch for Falling Rock" sign on the right (south) side of the Parkway.
- Mile 3** On Franklin Ave just after the bridge and just before turn onto East River Parkway 20 feet past (east of) the traffic light for eastbound Franklin Ave traffic on the southeast corner.
- Mile 4** On East River Parkway on east side of SE Thornton Street, north side of road.
- Mile 5** On Mississippi River Blvd., past (southeast of) Emerald Street and 58-foot past the southeastern edge of the false driveway in front of house no. 506.
- Mile 6** On eastbound N. Mississippi River Blvd., 76-foot east of the east edge of the storm grate in front of home no. 80.
- Mile 7** On eastbound side of Summit Ave between Howell and Dewey Streets even with the middle of the stairs for and in front of house no. 1866.
- Mile 8** On Summit Ave between homes 1750 and 1760, marked in bike lane on south side of road.
- Mile 9** On eastbound Summit Ave between Albert and Hamline Avenues in middle of steps leading to house no. 1390.
- Finish** On Summit Ave 7' west of Milton St in front of St. Paul's Church on the south side and even with the first light pole that is just before (west of) the main entrance to the church. On northbound John Ireland Blvd., north of 12<sup>th</sup>/Rice Street and 61-foot south (before) the first parking meter on the east side of road. Also, 97' north of the south end of the median on the north side of 12<sup>th</sup> Street.



**Start:** Even with (S) edge of traffic light pole (SE) corner of Portland Ave and S 4<sup>th</sup> St.

**NORTH** →

Course measured shortest-possible route with the exception that runners stay on the southeastbound side on the south side of the median of Summit Ave from Crelin Ave to Lexington Pkwy N.

**Detail:** In the transition from W. River Pkwy to Franklin Ave. between miles 2 and 3, run the shortest route up to and across the Franklin Ave Bridge

**Finish Detail:** On northbound John Ireland Blvd., north of 12<sup>th</sup>/Rice Street and 61' south (before) the first parking meter on the east side of road. Also, 97' north of the south end of the median on the north side of 12<sup>th</sup> St.

