



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



Name of the course Refuse To Abuse 5K Distance 5 km
Location (state) WA (city) Seattle
Type of course: Road Race
Measuring Methods: Bicycle
Measured By Jared Loranger - 3213 W Wheeler St #184 - seattle, WA 98199 - (360) 220-4548 - jared@fizeventsnnw.com
Race Contact Kelly Starr
Date(s) when course measured: 04/27/2021
Number of measurements of entire course: 2 Course Configuration: Several Loops on differen
Elevation (meters above sea level) Start 0.00 Finish 0.00 Lowest 0 Highest 53.34
Straight line distance between start and finish 340 m Drop 0.00 m/km Separation 6.80 %
Type of surface: Paved 94 % Dirt 6 % Gravel 0 % Grass 0 % Track 0 %
Effective date of certification: July 2, 2021 Certification code: WA21008RMB

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: **2031**

AS NATIONALLY CERTIFIED BY:

Date: July 3, 2021

Bob Brennand - USATF/RRTC Certifier - 4113 Banbridge Loop SE, Olympia WA 98501
(360) 310-0747 - bobbrennand@comcast.net

