



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



Name of the course C&O Canal Towpath 300 m Distance 300 M  
Location (state) MD (city) Maryland Heights  
Type of course: Calibration  
Measuring Methods: Steel Tape  
Measured By Robert Thurston - 13 Kennedy St NE - Washington, DC 20011 - (202) 431-0585 - thurret@aol.com  
Race Contact N/A  
Date(s) when course measured: September 5, 2021  
Number of measurements of entire course: 2 Course Configuration: point to point  
Elevation (meters above sea level) Start 79.00 Finish 79.00 Lowest N/A Highest N/A  
Straight line distance between start and finish 300 M Drop 0.00 m/km Separation 100.00 %  
Type of surface: Paved 100 % Dirt 0 % Gravel 0 % Grass 0 % Track 0 %  
Effective date of certification: November 24, 2021 Certification code: MD21002RT

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: November 24, 2021

Robert Thurston - USATF/RRTC Certifier - 13 Kennedy St NE , Washington DC 20011  
(202) 431-0585 - thurret@aol.com

C&O CANAL TOWPATH 300 m  
MARYLAND HEIGHTS, MARYLAND



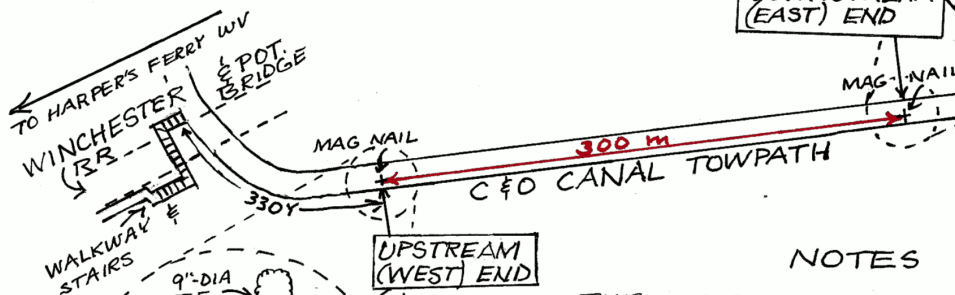
**USATF Certificate**

MD21002RT

Effective: 11/24/2021

Through: 12/31/2031

MAP NOT TO SCALE

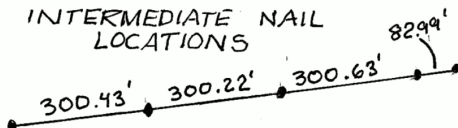


**NOTES**

THIS CALIBRATION COURSE IS INTENDED FOR USE WHEN MEASURING ON TOWPATH IN THIS AREA, WITH ITS SURFACE OF FINE GRAVEL. ENDPOINTS ARE MARKED WITH "MAG NAILS"; NAILS ARE ALSO IN PLACE AT INTERMEDIATE POINTS (SEE DIAGRAM).

COURSE WAS MEASURED ON SEPTEMBER 5, 2021, BY BOB THURSTON AND DAVID THURSTON, USING A 300-FT SURVEYOR'S CHAIN. TEMPERATURE 80° F.

INTERMEDIATE NAIL  
LOCATIONS



ELEVATION ~79 meters

MEASURER CONTACT INFO  
ROBERT THURSTON  
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202-431-0585

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