

USATF Certificate CA19038RS  
Effective July 24, 2019 to Dec. 31, 2029

Note: There is a duel start due to the large number of participants.

## Manhattan Beach 10K

Manhattan Beach CA

Measured and Map drawn by:

Todd E. Byers (byers\_todd2@hotmail.com)

Measurements are shortest possible route (SPR) unless otherwise noted.

Map not to scale.

### Line Legend:

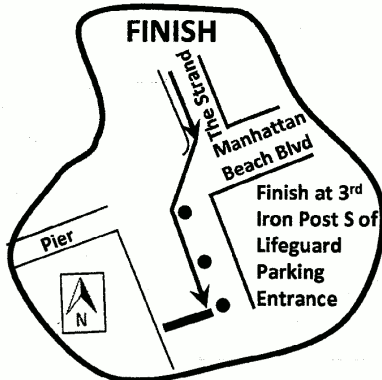
- ..... N Ardmore Start Athletes
- Valley Dr Start Athletes
- All Athletes

**N Ardmore Ave START**  
2'0" N of northern edge of driveway at 304 N Ardmore Ave, 28'6" S of lamppost 4479130E and 41'0" N of water meter lid on right.

Note: There is a dual start due to the large number of participants.

**Valley Dr START**  
48'0" S of light pole 466490E at SW corner of Valley Dr and 3rd Place.

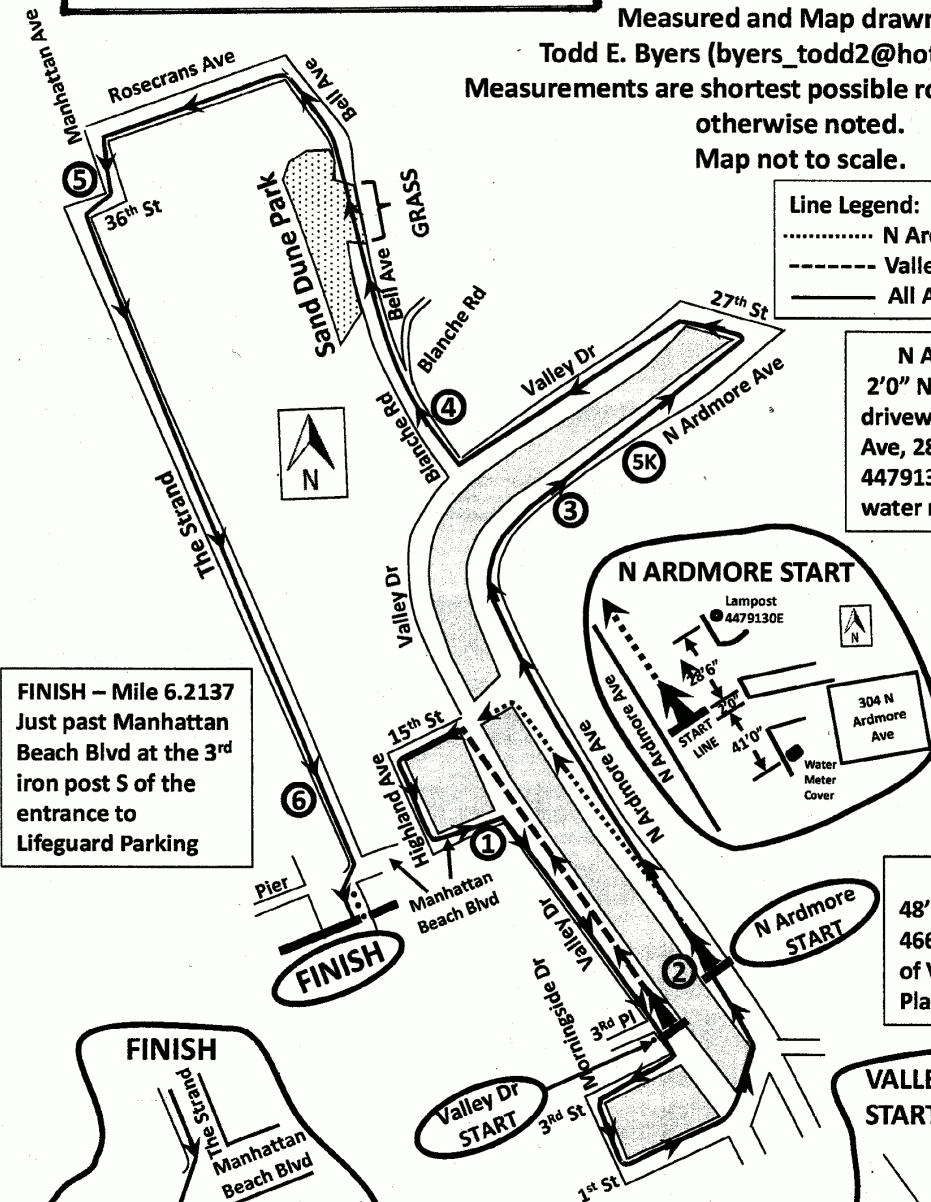
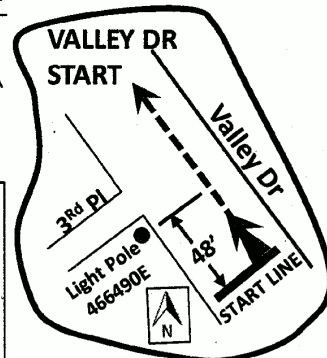
**FINISH – Mile 6.2137**  
Just past Manhattan Beach Blvd at the 3rd iron post S of the entrance to Lifeguard Parking



### Road Restrictions

Runners have access to full width of roadways curb to curb with the following exception:

- On Rosecrans Ave, runners stay left of centreline from Bell Ave to Manhattan Ave.





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

# Measurement Certificate



Name of the course 2019 Manhattan Beach 10K (N Ardmore start) Distance 10 km

Location (state) California (city) Manhattan Beach

Type of course: road race ☒ calibration course ☐

Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐

Measured by (name, address, phone & email) Todd E. Byers 562.665.1485  
16835 Algonquin St. #325 Huntington Beach, CA 92649 byers\_todd2@hotmail.com

Race contact (name, address, phone & email) Rachel Judson 310.408.7719  
PO Box 3431 Manhattan Beach, CA 90266 rjudson@gmail.com

Date(s) when course measured: March 4, 2019

Number of measurements of entire course: 2 + Course Configuration: Point to point

Elevation (meters above sea level) Start 31.4m Finish 7.6 Highest 47.2 Lowest 7.6

Straight line distance between start & finish 889.4 Meters Drop 2.38 m/km Separation 8.89 %

Type of surface: paved 99.1 % dirt      % gravel      % grass 0.9 track      %

Effective date of certification: July 24, 2019 Certification code: CA19038RS

Notice 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 this course, or at the discretion of USA Track & Field, a verification remeasurement 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 in the year* 2029

**AS NATIONALLY CERTIFIED BY:**

Date: July 30, 2019

Ron Scardera — USATF/RRTC Certifier

5660 Valley Oak Drive, Los Angeles, CA 90068 - 323.896.7750 - rscar@pacbell.net

**Start, Finish, and Mile Locations for Manhattan Beach 10K**  
**Manhattan Beach CA**  
**Attached for Question 18 of Course Application for Certification of a Road Course**

**Note:** The Start, Finish, and all Miles are marked in blue paint on the right hand side in the direction of athlete travel unless otherwise noted.

There is a dual Start due to the large number of participants.

**N Ardmore Ave Start ...** On N Ardmore Ave, 2'0" north of northern edge of driveway at 304 N Ardmore Ave, 28'6" south of lamppost 4479130E and 41'0" north of water meter lid on right in Manhattan Beach CA.

**Valley Dr Start ...** On Valley Dr, 48'0" south of light pole 466490E at SW corner of Valley Dr and 3<sup>rd</sup> Pl in Manhattan Beach CA. Marked on left.

**Mile 1 ...** On Manhattan Beach Blvd, 18' before (west of) manhole cover at SW corner of Manhattan Beach Blvd and Valley Dr.

**Mile 2 ...** On N Ardmore Ave, directly at southern edge of driveway to 400 N Ardmore Ave and 7' south of water cover "10318" in middle of driveway.

**Mile 3 ...** On N Ardmore Ave, 48' before (south of) fire hydrant at SE corner of Flournoy Rd directly at water meter lid on right.

**5K (Mile 3.1069) ...** On N Ardmore Ave, 18' south of lamp post 840609E.

**Mile 4 ...** On Blanche Ave, 46' past yellow fire hydrant on NW corner of Blanche Rd and 23<sup>rd</sup> St. Marked on left.

**Mile 5 ...** On Manhattan Ave, 15' before (north of) intersection of Manhattan Ave and 36<sup>th</sup> St.

**Mile 6 ...** On The Strand, 37' before (north of) 15<sup>th</sup> St alleyway on left. Marked on right.

**Finish - Mile 6.2137 ...** In Lifeguard Parking lot, just past Manhattan Beach Blvd at the 3<sup>rd</sup> iron post south of the entrance to Lifeguard Parking in Manhattan Beach CA.