

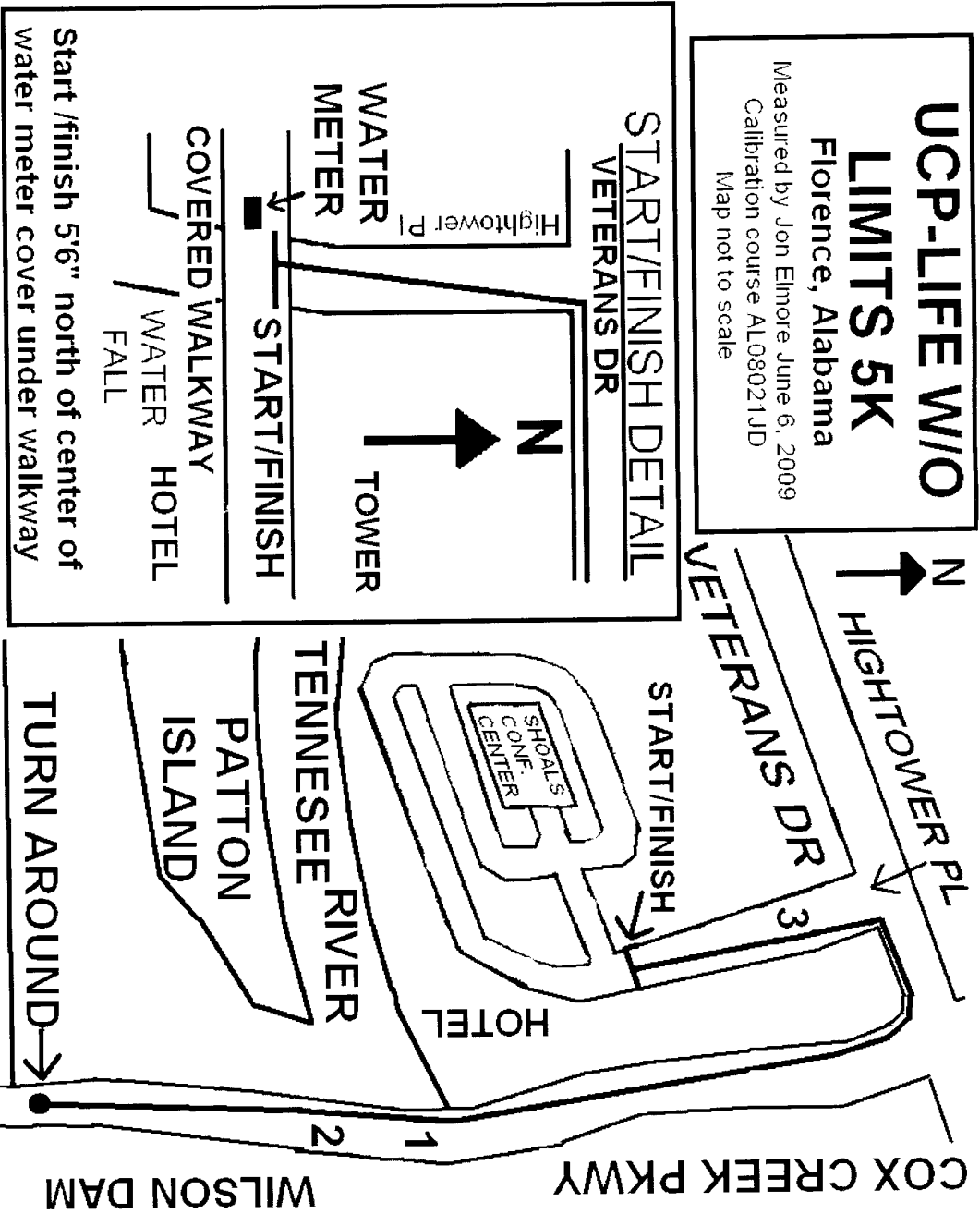
# UCP-LIFE W/O LIMITS 5K

Florence, Alabama

Measured by Jon Elmore June 6, 2009

Calibration course AL08021JD

Map not to scale



1 mile- 48'2"  
north of pole  
# 43 on Wilson  
Dam

TURN AROUND-  
69'3" north of  
pole #23 on  
Wilson Dam

2 mile- 31'6"  
north of pole  
#39 on Wilson  
Dam

3 mile- @ light  
pole #612 on  
Hightower Pl

AL09020JD  
Effective 08-18-2009 to 12-31-2019



Road Running Technical Council  
USA Track & Field

# Measurement Certificate

recognized by



Name of the course UCP Life Without Limits 5K Distance 5 km

Location (state) Alabama (city) Florence

Type of course: road race  calibration  track  Configuration: Outback

Type of surface: paved 100 % dirt      % gravel      % grass      % track      %

Elevation (feet above sea level) Start 551 Finish 551 Highest 615 Lowest 400

Straight line distance between start & finish 0 ft Drop 0 m/km Separation 0 %

Measured by (name, address, phone & e-mail) Jon Elmore, 3428 Tanglewood Drive, SW

Decatur, Alabama 35603, 256-351-7426, jklca5@charter.net

Race contact (name, address & phone) Julie Cochran, 507 North Hook Street

Tuscumbia, Alabama 35674, 256-320-3331

Measuring Methods: bicycle  steel tape  electronic distance meter

Number of measurements of entire course: 2 Date(s) when course measured: 06-06-09

Race date: October Course certification effective date: 08-18-09

Replaces:      (if applicable) Certification code: AL09020JD

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.

**Validation of Course** — In the event a National Open Record is set on this course, or at the discretion of USA Track & Field, a validation 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 2019

AS NATIONALLY CERTIFIED BY:

John J DeHaye Date: 09-05-2009  
John J DeHaye – USATF/RRTC National Certifier  
824 Annlau Avenue, Huntsville, AL 35802, (256) 881-9326, jdehaye@comcast.net

AL09020JD