

## Run For Your Life 5K

Palm Coast, FL

### List of Measured Points

Map is not to scale. Points marked with yellow paint and nails in the road.

**Start** – On Bulldog Drive, just south of the intersection with Central Avenue, 29 feet 11 inches north of light pole # 3 6624 7933.

**Mile 1** – On the concrete path, north of the movie theater, 110 feet 8 inches west of light pole # MH: 37 No: 8E DOM: 15/4/10.

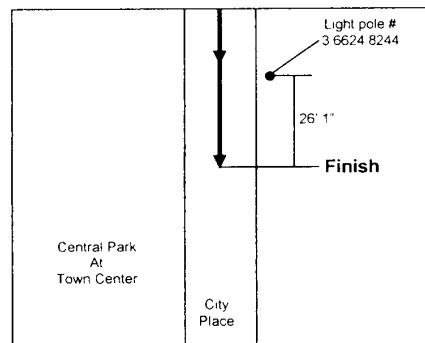
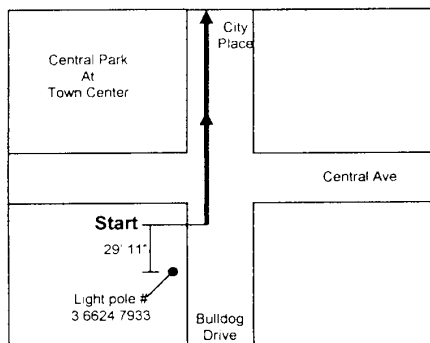
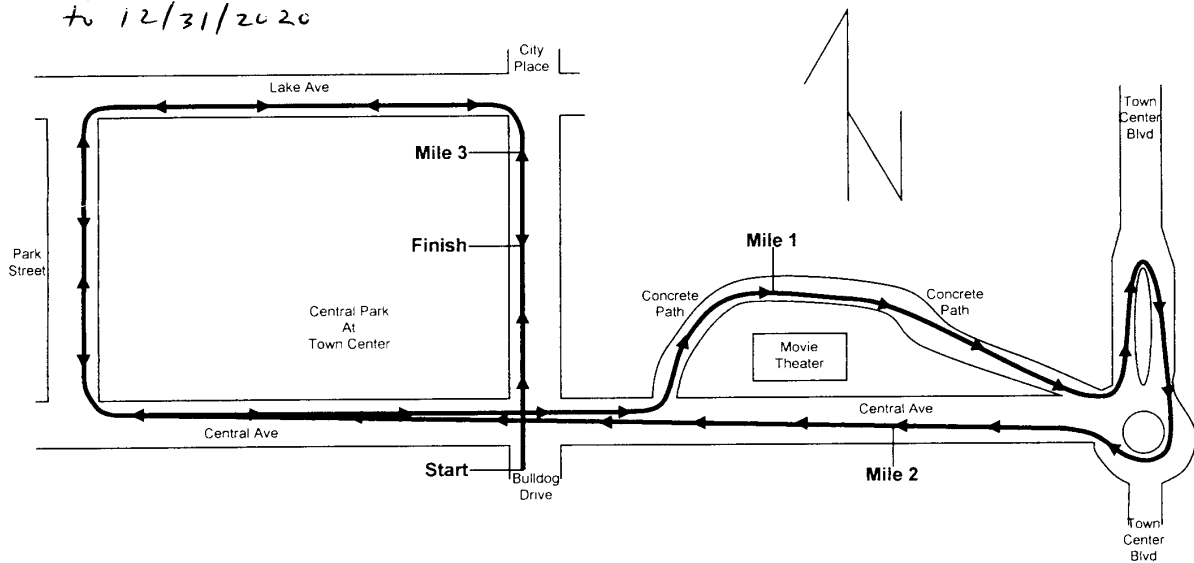
**Mile 2** – On Central Avenue, 5 feet 7 inches west of light pole # 3 6724 2034.

**Mile 3** – On City Place, 12 feet 2 inches north of light pole # 3 6624 7954.

**Finish** – On City Place, 26 feet 1 inch south of light pole # 3 6624 8244.

#FL10102EBM  
Effective 11/10/2010  
to 12/31/2020

Measured by  
Jacob Smith  
Jacob@RaceSmith.com





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



Name of the course Run For Your Life 5K Distance 5,000 meters  
Location (state) Florida (city) Palm Coast  
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Complex of Loops  
Type of surface: paved 100 % dirt      % gravel      % grass      % track      %  
Elevation (meters above sea level) Start 7.9m Finish 7.6m Highest 7.9m Lowest 7.3m  
Straight line distance between start & finish 163m Drop .06 m/km Separation 3.36 %  
Measured by (name, address, phone & e-mail) Jacob Smith, 114 Oak Lane, East Palatka, Fl.  
32131 386-747-3532 Jacob@RaceSmith.com  
Race contact (name, address & phone) Rebecca DeLorenzo, 20 Airport Road Ste. C, Palm  
Coast, Fl. 32164 386-437-0106  
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐  
Number of measurements of entire course: 2 Date(s) when course measured: 10/29/10  
Race date: 3/5/11 Course certification effective date: 11/10/10  
Replaces: N/A (if applicable) Certification code: FL10102EBM

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*** **2020**

**AS NATIONALLY CERTIFIED BY:**

Everett McDowell Date: 11/16/2010  
Everett McDowell – USATF/RRTC National Certifier  
1256 Stony Brook Lane, Dunedin, Fl. 34698 727-644-7608 emcdowell5@tampabay.rr.com

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