



Road Running Technical Council  
USA Track & Field

Measurement Certificate

recognized by



Name of the course Al Lewis 10 Mile and 5 Mile Distance 5mi

Location (state) DC (city) Washington

Type of course: Road Race

Measuring Methods: Bike

Measured By Robert Thurston, 13 Kennedy St, Washington, DC 20011 202-431-0585. thurret@aol.com

Race Contact Miguel Matta, 650-492-0973 miguel.matta@dcroadrunners.org

Date(s) when course measured: 12/29/2019

Number of measurements of entire course: 2 Course Configuration: out and back

Elevation (meters above sea level) Start 2m Finish 2m Lowest 1m Highest 3m

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

Type of surface: Paved 100 % Dirt 0 % Gravel 0 % Grass 0 % Track 0 %

Effective date of certification: January 7, 2020 Certification code: DC20001RT

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: **2030**

AS NATIONALLY CERTIFIED BY:

Date: January 7, 2020

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

# AL LEWIS 10 MILE AND 5 MILE EAST POTOMAC PARK WASHINGTON, DC

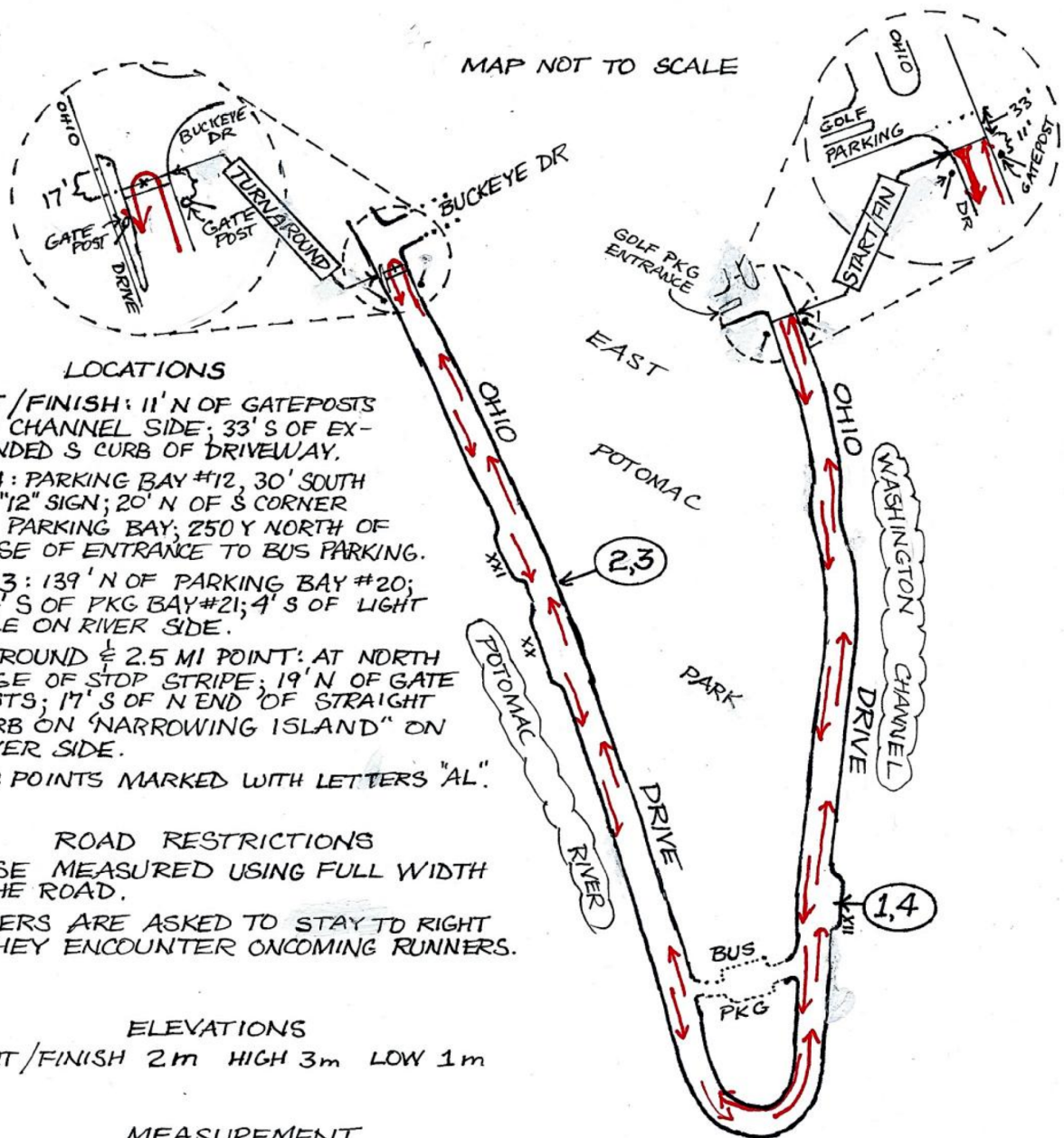
FIVE MILE COURSE IS SHOWN.  
 FOR TEN MILES, RUN 5 MILES, GO  
 AROUND CONE AT START LINE,  
 THEN REPEAT OUT & BACK COURSE.  
 MILE 1,4 BECOMES MI 6 & 9;  
 MILE 2,3 BECOMES MI 7 & 8.



**USATF Certificate**  
 DC20001RT  
 Effective: 01/07/2020  
 Through: 12/31/2030



MAP NOT TO SCALE



**LOCATIONS**

- START / FINISH: 11' N OF GATEPOSTS ON CHANNEL SIDE; 33' S OF EXTENDED S CURB OF DRIVEWAY.
- MI 1 & 4: PARKING BAY #12, 30' SOUTH OF "12" SIGN; 20' N OF S CORNER OF PARKING BAY; 250 Y NORTH OF NOSE OF ENTRANCE TO BUS PARKING.
- MI 2 & 3: 139' N OF PARKING BAY #20; 124' S OF PKG BAY #21; 4' S OF LIGHT POLE ON RIVER SIDE.
- TURNAROUND & 2.5 MI POINT: AT NORTH EDGE OF STOP STRIPE; 19' N OF GATE POSTS; 17' S OF N END OF STRAIGHT CURB ON "NARROWING ISLAND" ON RIVER SIDE.

NOTE: POINTS MARKED WITH LETTERS "AL".

**ROAD RESTRICTIONS**

- COURSE MEASURED USING FULL WIDTH OF THE ROAD.
- RUNNERS ARE ASKED TO STAY TO RIGHT AS THEY ENCOUNTER ONCOMING RUNNERS.

**ELEVATIONS**

START / FINISH 2m HIGH 3m LOW 1m

**MEASUREMENT**

29 DECEMBER 2019, BY R THURSTON

HAINS POINT

RET