



# Road Running Technical Council USA Track & Field Measurement Certificate



Name of the course Wounded Warrior 5k Distance 5k

Location (state) Virginia (city) Norfolk

Type of course: road race  calibration  track  Configuration: Loop

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

Elevation (feet above sea level) Start 50' Finish 56' Highest 112' Lowest 10'

Straight line distance between start & finish 356 m Drop -0.4 m/km Separation 7.1 %

Measured by (name, address, phone & e-mail) Vic Culp PO Box 8241 Fredricksburg, VA 22404  
540-310-4803 vic@farc.org

Race contact (name, address & phone) Manny Cordero PO Box 3843 Norfolk, VA 23514  
904-673-2316 voiprouter@aol.com

Measuring Methods: bicycle  steel tape  electronic distance meter

Number of measurements of entire course: 2 Date(s) when course measured: July 17 & 18, 2010

Race date: Nov. 13, 2011 Course certification effective date: 8/8/2010 - 12/31/2020

Replaces: \_\_\_\_\_ (if applicable) Certification code: VA100015DCR

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:**

*Duane Russell*

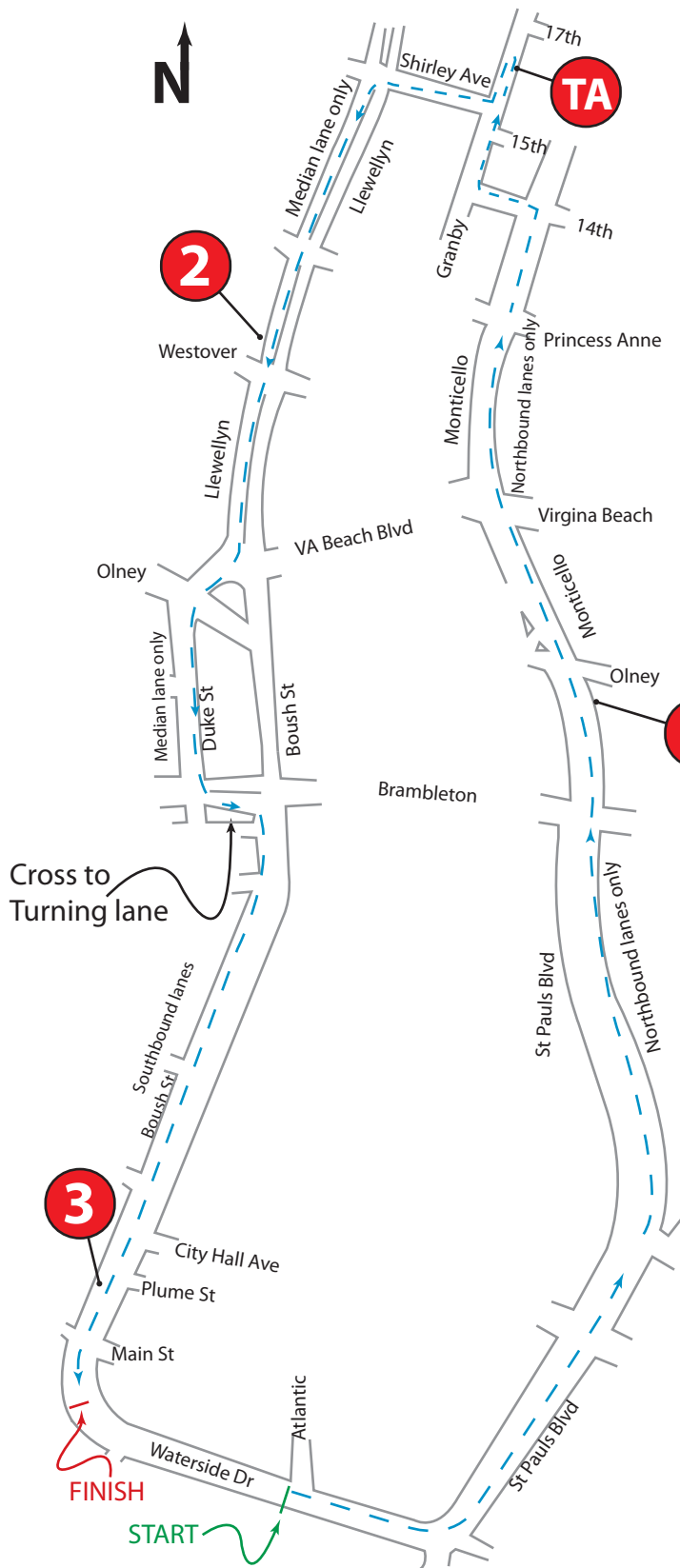
Date: Aug. 15, 2010

Duane Russell – USATF/RRTC Certifier  
1484 E Easter Cir, Centennial, CO 80122 720-935-9826 duane@RaceMeasure.com

# Wounded Warrior 5k

Norfolk, VA

USATF Certificate VA10001DCR  
Effective 8/8/10 - 12/31/2020



*RaceMeasure* has measured this course following USATF guidelines, and stands by the measurement.

However, *RaceMeasure* does not set out the course on race-day, and is not responsible for courses not set out precisely according to this map.

GPS coordinates given only to assist in getting close to marked locations. NOT to be use to replace lost marks. NAD 83

Start:	N36.84483°	W76.29042°
1 mile:	N36.85555°	W76.28544°
TA:	N36.86382°	W76.28673°
2 mile:	N36.86025°	W76.29061°
3 mile:	N36.84769°	W76.29352°
Finish:	N36.84620°	W76.29393°

Points marked with nail/washer and paint, and on nearest curb to runner.

Start: 10 feet W of light pole holding the traffic lights over westbound lanes of Waterside at Atlantic. This is the western edge of the brick side walk on the west side of Atlantic that crosses Waterside.

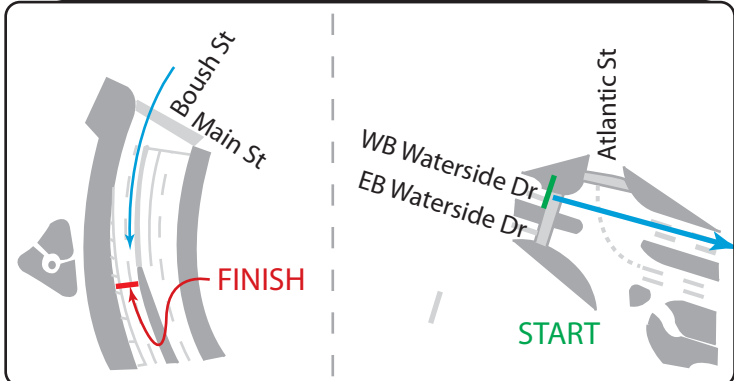
1 mile: 19' N of pole NO517 DA46 on St Paul's just south of Olney.

Turnaround: 3'8" S of 1600 Granby center of main door

2 mile: 16' S of pole NO517 AD14, just N of Westover

3 mile: 19' S of drain cap at the entrance to Nautics

Finish: First fire hydrant S of Main on Waterside



Start elevation: 50'    Finish: 56'    High point: 112'    Low point: 10'  
Measurement & mapping by RaceMeasure, July 2010    www.RaceMeasure.com    Elevation profile by MapMyRun.com