

SUMMARY APPLICATION FOR  
CERTIFICATION OF COURSE LENGTH

Date of  
Application: May 5, 1997

Name of course: USCAA 10K      Race Date: July 20, 1997  
Location: UC San Diego campus, San Diego, CA

Measuring method: Bike  Steel Tape  EDM  Other:  
Measuring instrument: Jones  Other:

Measured by: Rider #1      Rider #2      Rider #3  
Name: Hank Lawson      Same  
Street: 12375 Farr Ranch Rd  
City, St: Saratoga, CA 95070  
Phone: (408) 446-9063

A. DESCRIPTION OF THE COURSE

1. Course: Flat  Rolling  Hilly  Uphill  Downhill
2. Altitude: Start  High  Low  Finish  Sea Level
3. Surface: Paved [ 99%] Dirt [ %] Sand/Gravel [ %] Grass [ 01%]
4. Type: Road Race  X-Country  Calibration  Track
5. Distance (straight line) between start & finish: 330 yards
6. Draw a complete detailed map of the course with the names of all streets, paths & trails. Show all dirt and grass sections. Show the exact race path measured along the route indicating which portion of each street is available to the runners and how each turn is taken. Please give a dimensioned detail of the start and finish relative to permanent landmarks (mailboxes, light poles, curb cuts, etc.) and as well, any other aspect of the course necessary to clarify the course (such as turn around, etc.). If miles and/or kilometers are indicated, dimension to permanent objects. See attached maps and course description.

B. CALIBRATION OF MEASURING INSTRUMENT

I re-rode the 10K course to be sure I knew where I was going. Since calibration was right on and I just did the 10K right after the 5K, I took my re-calibration for the 5K as my calibration for the 10K.

1. Calibration course:

Name: PROSPECT ROAD 880 YARD      Length: 880 yard  
Location: Prospect Rd, Saratoga, CA      Cert #: PA-8220

**NOTE:** Done 3 days prior to measurement of course.

2. Calibration of the instrument (list date, time, temp & data)  
08/22/96, 11:00 AM - 11:30 AM, 60 degrees, dry

a. Calibrate before measuring course (4 times)

Ride #1:	Ride #2:	Ride #3:	Ride #4:
48000	56000	64000	72000
55517	63516	71516	79517
7517 (15034)	7516 (15032)	7516 (15032)	7517 (15034)

$$15034 * 1.001 (\text{SCPF}) = 15049$$

1a. Calibration course:

Name: UC San Diego Track Length: 400 meters

Location: UC San Diego campus, San Diego, CA

**NOTE:** Rode 2 laps of the 400 meter track and an additional 15'4" for a full 880 yard calibration.

Note: Calibration course must be certified & the start & finish verified. Call local office for info.

2a. Calibration of the instrument (list date, time, temp & data)

08/25/96, 9:30 AM - 4:30 PM, 70 degrees, dry

a. Calibrate before measuring course (4 times)

Ride #1:	Ride #2:	Ride #3:	Ride #4:
68000	76000	84000	92000
75517	83515	91516	99517
7517 (15034)	7515 (15030)	7516 (15032)	7517 (15034)

$$15034 * 1.001 \text{ (SCPF)} = 15049$$

Although the track is not a straight course, it is certified as being 400 meters so I hope this is sufficient.

b. Re-calibrate after measuring course (2 times) Done after 10K measurement.

Ride #1:	Ride #2:
65000	73000
72517	80517
7517 (15034)	7517 (15034)

Average digits per mile/km for each day for each operator:

Date: 08/25/96 Name: Hank Lawson Digits/mile: 15049 Km:

C. COURSE MEASUREMENT

Note: Certification requires two measurements of the course and the calibration operation and riding the course must be done on the same day by the same rider.

1. Was measured route identical to the shortest legal route? YES
2. Were turns measured within 12" of curbs & 8" where uncurbed? YES
3. If part of course is dirt/grass how were areas measured? There is only a 50 meter section of grass that is a direct line from the road to the track and was measured as such.
4. Was the instrument calibrated immediately before measuring? YES  
Immediately after measuring? YES  
If the answer to either question is "NO", please explain: N/A
5. .1% short course prevention factor (SCPF) must be added to each course. (Note: best added to calibration digits).
6. List the date, time and raw data for each measurement.  
Note: 5 km = 3.1068559 miles, 10km = 6.2137119 miles, marathon = 26.21875

Ride 1: I rode the course forward, from the desired start location to the finish.

Start (74000): At light pole #458 which is located by the Parking Information booth at the top of the hill on Hopkins Dr.

Mile 1 (89049): Lave rock faced wall, on R, just past light pole #915.

Mile 2 (04098): At light pole #2526 on R (has a yellow fire hydrant next to it) in front of "Institute for Non-Linear Science".

Mile 3 (19147): 15' south of light pole #442 (on L).

Mile 4 (34196): 9' north of light pole #952 (on R).

Mile 5 (49245): At the L hand turn where you get off of the "quad" and onto the service road between bldg #44 and Pryatel Field.

As you enter the stadium, you are to run in lane #5 until you pass the FINISH line at which point you may then move into lane #1 for the last 400 meters.

Mile 6 (64294): At the "S" (40 yard line) on the back stretch of the track.

Finish (67510): At the first triangle which identifies the beginning of the Exchange Zone for lane 1. It is the first Exchange Zone. I.e. 400M Relay - from Runner 1 to Runner 2.

Ride 2: I then rode the course from the finish to the start (backwards).

Start (68000): No need to locate mile markers since I will be riding the course backwards.

Finish: If both rides were the same, I should have a goal of 61510 for my number of clicks. Actual finish count, riding backwards from finish to start, is 61398. I was off by 112 clicks. Which means my second ride was the "tighter" of the 2 rides and would be the longer run for the runners. So I will use my second ride as the correct ride. Since I need to add 112 clicks, I decided to add it to the finish so that all of the mile markers will remain the same.

I also recommend moving the start back 177 yards, and all mile markers also, so that the finish can be right at the 50 yard line (at the "T" in TRITONS) on the home stretch. This makes for both a better finish area as well as a start area.

b. Re-calibrate after measuring course (2 times)

Ride #1:	Ride #2:
65000	73000
72517	80517
7517 (15034)	7517 (15034)

7. Describe any adjustments (computations/measurements) to set the course to the desired length:

My second ride was my "tighter" ride by 112 clicks. So I added the 112 clicks to the finish so that my start, and all mile markers, may remain the same.

8. List total length of final course. 10K (6.2137119 miles)

9. List adjusted difference between the two rides. Difference between 2 rides is 112 clicks. I will make the needed change as stated above.

SIGNATURE OF APPLICANT: \_\_\_\_\_ Date: \_\_\_\_\_

Be sure to include \$25.00 per application (payable to USATF).

Central & Northern California: Carl Wisser, 4899 Shafter Av,  
Oakland, CA 94069 (415) 652-7996

LA area: Ron Scardera, 6907 Camrose Dr, Los Angeles, CA 90068

San Diego & Imperial Counties, California: Bob Letson, 4369

Hamilton St #4, San Diego, CA 92104 (619) 298-0924

Start to finish 330 yards

10K

(4)

Ride #1 (Forwards)

I re-rode 10K course to be sure I knew where I was going. Since calibration was right on and I just did the 10K right after 5K, I took my re-calibration as my calibration.

Start = 74000 Light pole 458

1 Mile: 89049 Lava rock faced wall, on R, just past light pole 915

2 mile = 104098 At light pole 2526 on R (has a yellow fire hydrant next to it) in front of "Institute for Non-Linear Science"

3 Mile: 19147 15' south of light pole # 442 (on L)

4 Mile: 34196 9' North of light pole # 952 (on R)

5 Mile: 49245 At the <sup>L hand</sup> turn where you get off of the "quad" and onto the service road between bldg #44 and Pryatel Field.

59406 to that same closed gate. Other side = 59413

Run in lane 5 until you pass the Finish. (5)  
You run  $1\frac{3}{4}$  lap on track at end.

6 miles 64294 At the "S" 40 yd line on the  
back stretch of the track.

Finish =  $6.2137119^{(3216 \text{ clicks})} = 67510$

At the 1st triangle which identifies the  
beginning of the exchange zone for lane 1.  
It is the 1st exchange zone. The 400M  
Relay - from Runner 1 to Runner 2.

Add an additional 13 yards to the  
finish based on results of my second  
ride. So the actual finish is 13 yards  
beyond where the above finish is specified.

I recommend moving the start back 177  
yards so that the finish can be right at  
the 50 yd line (at the "T" in Tritons)  
on the home stretch. This means all of  
the mile marks have to also be pushed back  
177 yds from what is stated in these notes.

Ride #2 10k

(6)

Start: (Riding backwards) 68000

61510 is the goal # of clicks for the finish.

Actual finish count, riding backwards from finish to start is = 61398

61510 actually got me to location that is right smack in middle of the intersection.

$$\begin{array}{r} 61510 \\ 61398 \\ \hline 112 \end{array}$$
 112 clicks beyond where I wanted to be. (213 yds further)

My "Longest" ride was the 2nd one which would make the runners run the furthest amount of distance.

My "tightest ride" (closest to the curbs, etc) was the 2nd ride. I plan on extending the finish out 13 more yards so all mile markers remain the same.

RE-RE-Calibration

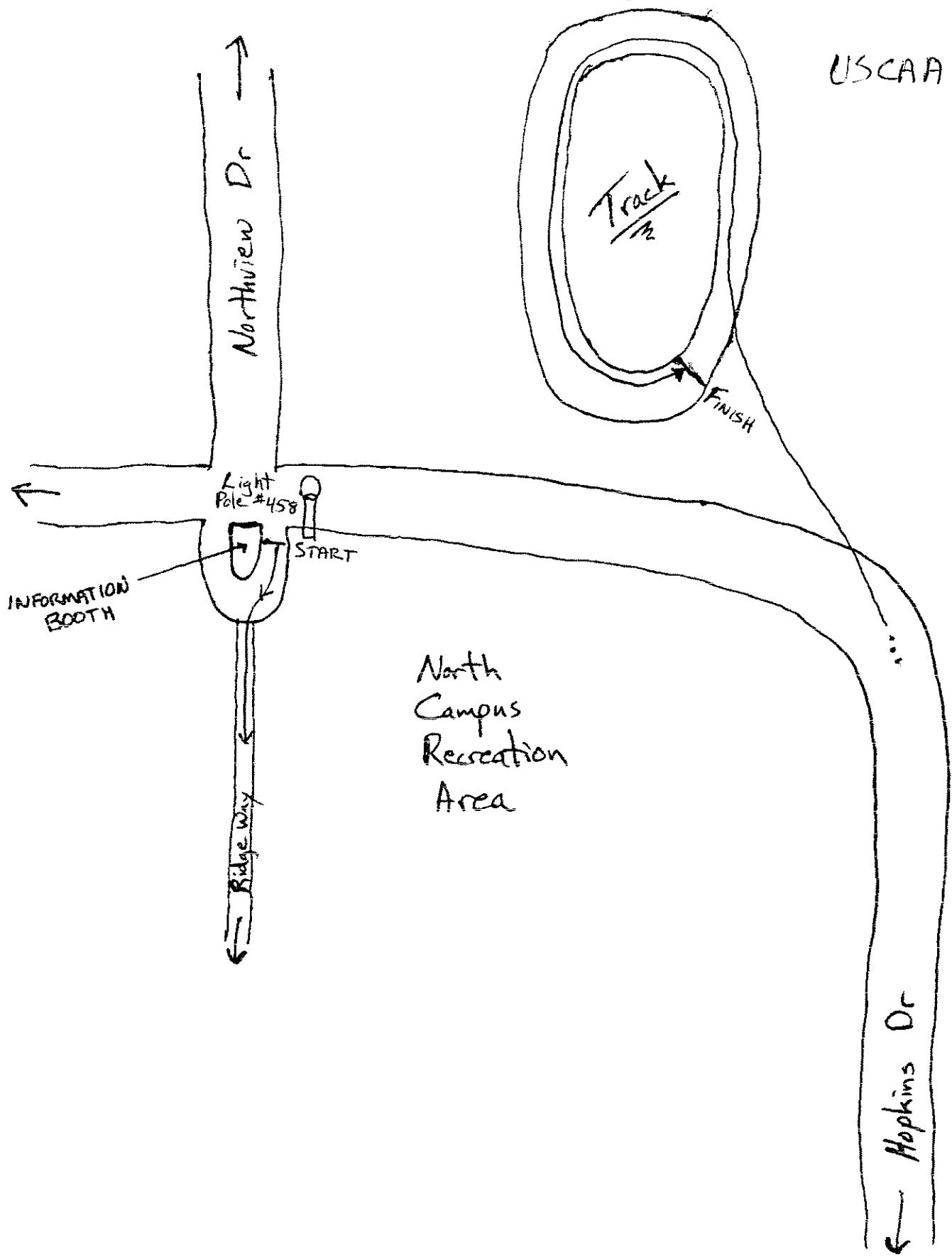
Ride 1: 
$$\begin{array}{r} 72517 \\ 65000 \\ \hline 7517 * 2 = 15034 \end{array}$$

Ride 2: 
$$\begin{array}{r} 80517 \\ 73000 \\ \hline 7517 * 2 = 15034 \end{array}$$

Done, and am I tired!

Btwco!

USCAA-10K



Northview Dr

Track  
 $\frac{1}{2}$

FINISH

Light Pole #458

START

INFORMATION BOOTH

Ridge Way

North  
Campus  
Recreation  
Area

Hopkins Dr

# CENTRAL CAMPUS

Stuart Sculpture Collection  
 Roads Closed  
 Campus Loop Road  
 Map Not to Scale

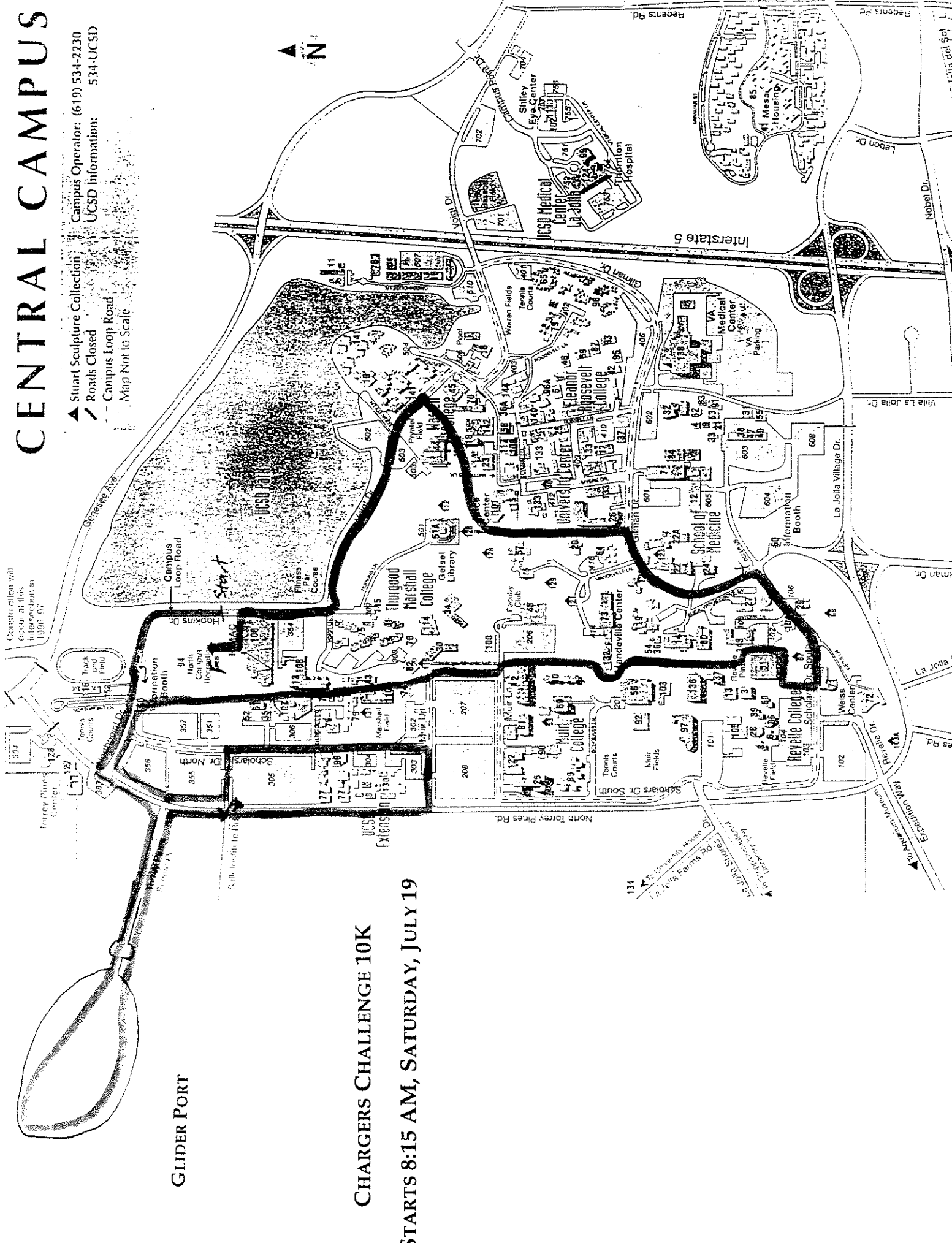
Campus Operator: (619) 534-2230  
 UCSD Information: 534-UCSD

Construction will occur at this intersection in 1996-97

GLIDER PORT

CHARGERS CHALLENGE 10K

STARTS 8:15 AM, SATURDAY, JULY 19

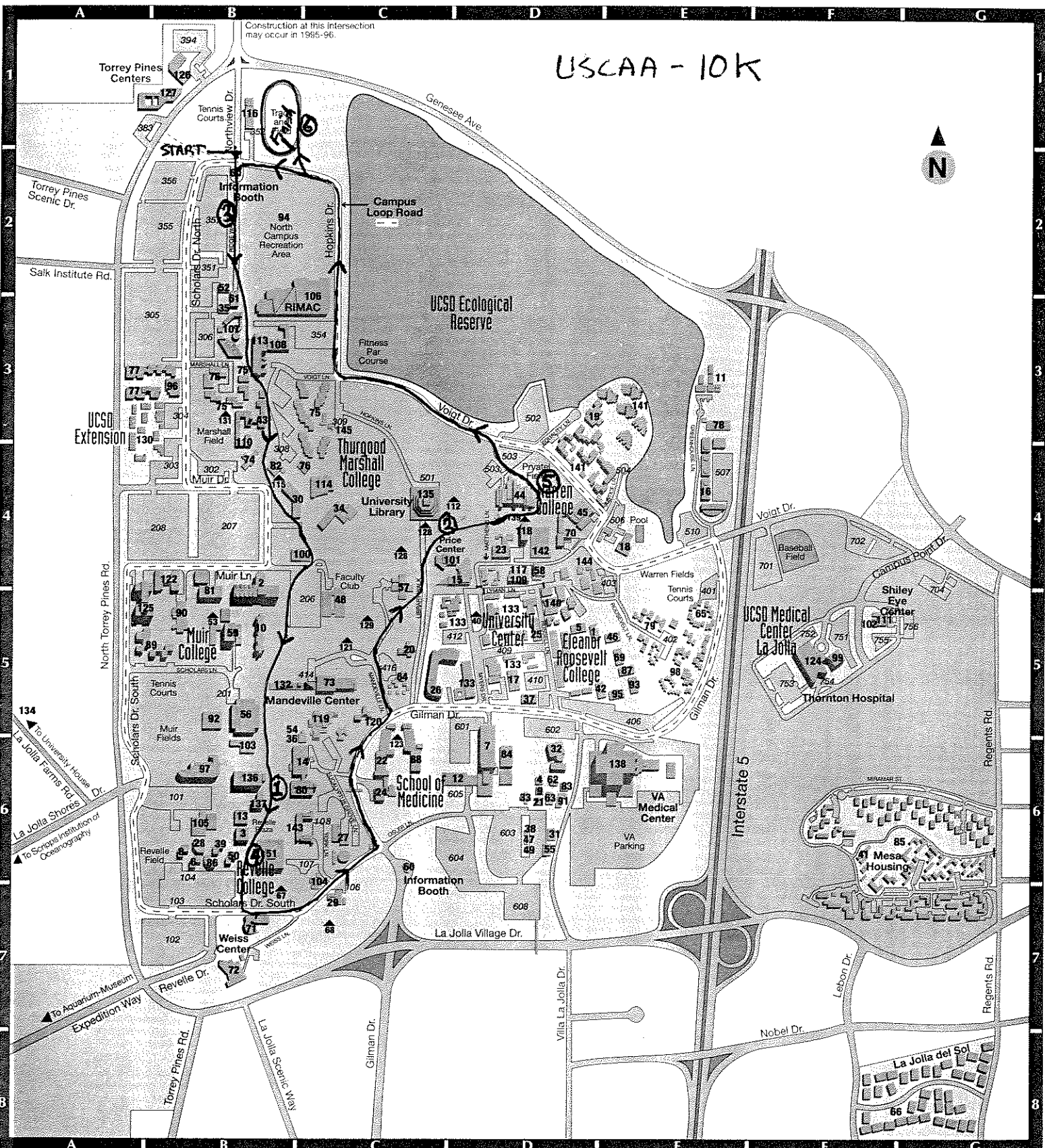


Map labels include: Thurgood Marshall College, University Center, VA Medical Center, School of Medicine, Information Booth, Weiss Center, Reville College, Moore College, Thurgood Marshall College, Fitness Center, Campus Loop Road, UCSD Park, Warren Fields, Tennis Courts, and various building numbers (e.g., 100, 200, 300, 400, 500, 600, 700, 800, 900, 1000). Streets shown include Regents Rd, La Jolla Village Dr, and Interstate 5.



# UCSD CENTRAL CAMPUS

USCAA - 10K

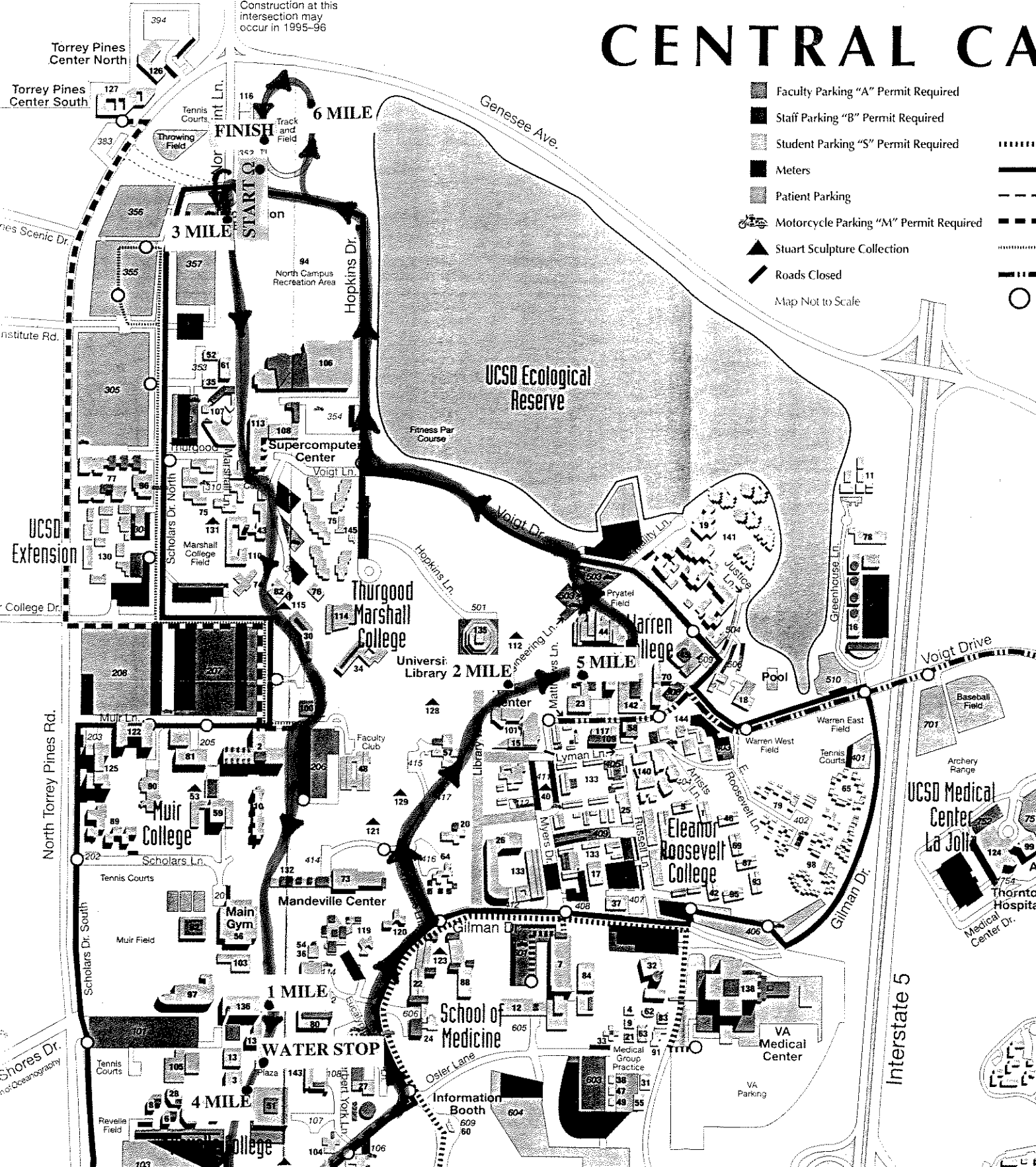


# UNIVERSITY OF CALIFORNIA

USCAA NATIONALS - 10K COURSE - JULY 21st



A B C D E F



## CENTRAL CAMPUS

- Faculty Parking "A" Permit Required
  - Staff Parking "B" Permit Required
  - Student Parking "S" Permit Required
  - Meters
  - Patient Parking
  - Motorcycle Parking "M" Permit Required
  - Stuart Sculpture Collection
  - Roads Closed
- Map Not to Scale