



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



Name of the course Sea Legs Shuffle 10 Mile - 2014 Distance 10 Mile

Location (state) Connecticut (city) Guilford

Type of course: road race  calibration  track  Configuration: Complex of Loops

Type of surface: paved 95 % dirt 5 % gravel      % grass      % track      %

Elevation (meters above sea level) Start 11 Finish 11 Highest 16 Lowest 1.5

Straight line distance between start & finish 192 feet Drop 0 m/km Separation 0.36 %

Measured by (name, address, phone & e-mail) Guido Brothers Escort Service, 174 Plant St.,  
New London, CT 06320, 860-437-7247, pvolkmar@snet.net

Race contact (name, address, phone & e-mail) JB Sports, PO Box 3382 Branford, CT 06405  
203-481-5933

Measuring Methods: bicycle  steel tape  electronic distance meter

Number of measurements of entire course: 2 Date(s) when course measured: June 29, 2011 & July 20, 2014

Race date: August 3, 2014 Course certification effective date: July 23, 2014

Certification code: CT11036JHP

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.

*Verification of Course* — In the event a National Open Record is set on this course, or at the discretion of USA Track & Field, a verification 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*** **2021**

*Jane H. Parks*

**AS NATIONALLY CERTIFIED BY:**

Date: July 21, 2014

Jane H. Parks – USATF/RRTC Regional Certifier - CT, IAAF/AIMS Grade A Measurer  
 973-349-0033 janehp3@gmail.com

# SEA LEGS SHUFFLE, 10-MILES

## 2014

### GUILFORD, CT

MEASURED ON 7/20/2014 AND 6/29/2011 ALONG THE SHORTEST ROUTE WITHIN THE ROADWAY OR THE DEFINED EDGES OF THE DIRT ROADS

ELEVATIONS: START 35 FT; FINISH 35 FT; HIGHEST 52 FT; LOWEST 5 FT

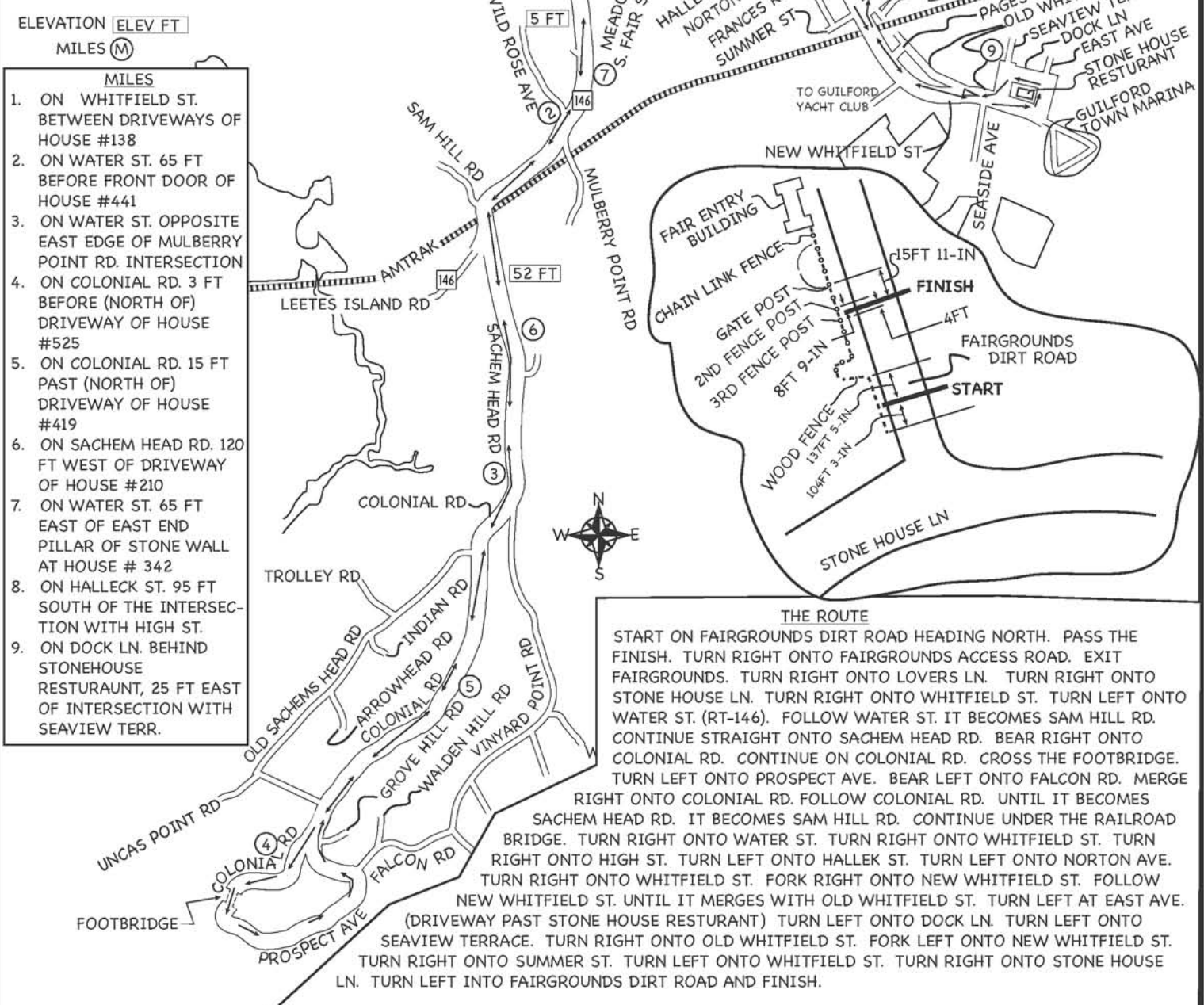
START-FINISH SEPARATION: 192 FT

MEASURED BY: GUIDO BROTHERS ESCORT SERVICE

pvolkmarr@snet.net

# CT11036JHP

Effective 7/23/2014 to 12/31/2011



- ELEVATION ELEV FT  
MILES M
- MILES**
1. ON WHITFIELD ST. BETWEEN DRIVEWAYS OF HOUSE #138
  2. ON WATER ST. 65 FT BEFORE FRONT DOOR OF HOUSE #441
  3. ON WATER ST. OPPOSITE EAST EDGE OF MULBERRY POINT RD. INTERSECTION
  4. ON COLONIAL RD. 3 FT BEFORE (NORTH OF) DRIVEWAY OF HOUSE #525
  5. ON COLONIAL RD. 15 FT PAST (NORTH OF) DRIVEWAY OF HOUSE #419
  6. ON SACHEM HEAD RD. 120 FT WEST OF DRIVEWAY OF HOUSE #210
  7. ON WATER ST. 65 FT EAST OF EAST END PILLAR OF STONE WALL AT HOUSE # 342
  8. ON HALLECK ST. 95 FT SOUTH OF THE INTERSECTION WITH HIGH ST.
  9. ON DOCK LN. BEHIND STONEHOUSE RESTAURANT, 25 FT EAST OF INTERSECTION WITH SEAVIEW TERR.

**THE ROUTE**

START ON FAIRGROUNDS DIRT ROAD HEADING NORTH. PASS THE FINISH. TURN RIGHT ONTO FAIRGROUNDS ACCESS ROAD. EXIT FAIRGROUNDS. TURN RIGHT ONTO LOVERS LN. TURN RIGHT ONTO STONE HOUSE LN. TURN RIGHT ONTO WHITFIELD ST. TURN LEFT ONTO WATER ST. (RT-146). FOLLOW WATER ST. IT BECOMES SAM HILL RD. CONTINUE STRAIGHT ONTO SACHEM HEAD RD. BEAR RIGHT ONTO COLONIAL RD. CONTINUE ON COLONIAL RD. CROSS THE FOOTBRIDGE. TURN LEFT ONTO PROSPECT AVE. BEAR LEFT ONTO FALCON RD. MERGE RIGHT ONTO COLONIAL RD. FOLLOW COLONIAL RD. UNTIL IT BECOMES SACHEM HEAD RD. IT BECOMES SAM HILL RD. CONTINUE UNDER THE RAILROAD BRIDGE. TURN RIGHT ONTO WATER ST. TURN RIGHT ONTO WHITFIELD ST. TURN RIGHT ONTO HIGH ST. TURN LEFT ONTO HALLECK ST. TURN LEFT ONTO NORTON AVE. TURN RIGHT ONTO WHITFIELD ST. FORK RIGHT ONTO NEW WHITFIELD ST. FOLLOW NEW WHITFIELD ST. UNTIL IT MERGES WITH OLD WHITFIELD ST. TURN LEFT AT EAST AVE. (DRIVEWAY PAST STONE HOUSE RESTAURANT) TURN LEFT ONTO DOCK LN. TURN LEFT ONTO SEAVIEW TERRACE. TURN RIGHT ONTO OLD WHITFIELD ST. FORK LEFT ONTO NEW WHITFIELD ST. TURN RIGHT ONTO SUMMER ST. TURN LEFT ONTO WHITFIELD ST. TURN RIGHT ONTO STONE HOUSE LN. TURN LEFT INTO FAIRGROUNDS DIRT ROAD AND FINISH.