



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



Name of the course Carderock JFK 20 km Distance 20 km
Location (state) MD (city) Carderock
Type of course: Road Race
Measuring Methods: Bicycle
Measured By Robert Thurston, 13 Kennedy St NE, Washington, DC 20011 202-431-0585. thurret@aol.com
Race Contact Ida Draim, ida.draim@gmail.com. (202) 262-1141
Date(s) when course measured: 01/08/2023
Number of measurements of entire course: 2 Course Configuration: out & back
Elevation (meters above sea level) Start 35.00 Finish 35.00 Lowest 11.00 Highest 36.00
Straight line distance between start and finish 0m Drop 0.00 m/km Separation 0.00 %
Type of surface: Paved 0 % Dirt 0 % Gravel 100 % Grass 0 % Track 0 %
Effective date of certification: January 13, 2023 Certification code: MD23001RT

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: **2033**

AS NATIONALLY CERTIFIED BY:

Date: January 13, 2023

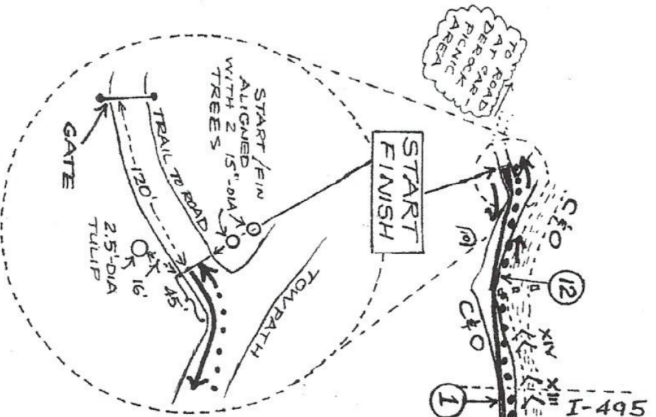
Robert Thurston - USATF/RRTC Certifier - 13 Kennedy St NE, Washington DC 20011
(202) 431-0585 - thurret@aol.com

MAP NOT TO SCALE

CARDEROCK JFK 20 km
CARDEROCK, MARYLAND

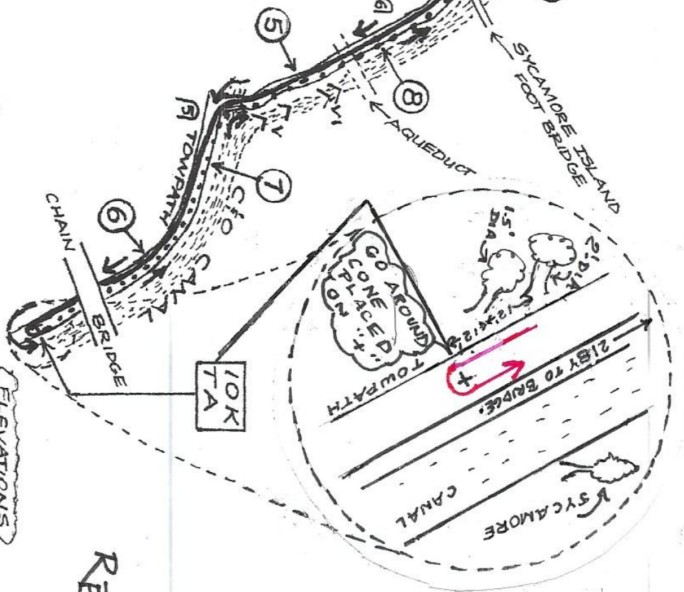


USATF Certificate
MD23001RT
Effective: 01/13/2023
Through: 12/31/2023



- Mile Points**
- 1 mi: at downstream (d/s) end of XIII.
 - 2 mi: 40 ft before d/s end of VIII.
 - 3 mi: 0.3 mi u/s of VII; 20 ft past 5'-dia sycamore.
 - 4 mi: 132 y past Sycamore I. footbridge; ~40 y before rightward bend.
 - 5 mi: 76 y d/s from VI.
 - 6 mi: 39 y u/s of 4"x4" (former signpost); at 9'-dia tree; 266 y u/s of Chain Bridge.
 - 7 mi: 135 y d/s from NPS "5" mile marker (5').
 - 8 mi: 160 y d/s from (6); 229 y u/s of aqueduct.
 - 9 mi: 114 y d/s from (7).
 - 10 mi: 68 y d/s from (8); just before riverward bend in path.

- 11 mi: 57 y d/s from XI; 112 y d/s from (9).
- 12 mi: at 20'-dia tree; 41 y past Billy Goat Trail sign at old bridge pier; 141 y d/s from (10).



RET

KEY AND KM POINTS
START/FINISH: CONNECTOR RD TO TOUWPATH, 45 FT FROM CORNER AS SHOWN.
2.5 km: 11 FT PAST UPSTREAM (U/S) END OF LOCK 10 (X).
5 km: 222 Y U/S FROM SMALL BRIDGE, 374 Y U/S FROM VII; NEAR 2ND OF 2 4'-DIA SYCAMORES.

10 km/TURNAROUND:
118 Y D/S FROM BOTTOM RAILING POST UNDER CHAIN BRIDGE; 12 D/S FROM 1 1/2'-DIA TREE; 1 1/2'-TREE IS DIRECTLY ACROSS FROM PROMINENT SYCAMORE.

KEY
— OUTBOUND ... RETURNING
(9), (10), ETC.: NPS MILE MARKERS
V, VI, VII, ETC.: (NUMBERED) CANAL LOCKS

MEASURED JAN 1, 2012 & JAN 8, 2023
BY R THURSTON
(thurst@aoi.com, 202-431-0585)
COURSE MEASURED USING FULL WIDTH OF TOUWPATH, AND FOLLOWING THE SHORTEST POSSIBLE ROUTE (SPR).

ELEVATIONS
ST/FIN 35 m
HIGH 36 m
LOW 11 m