



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



Name of the course Upton VFW Run to Remember Distance 5 km  
Location (state) MA (city) Upton  
Type of course: Road Race  
Measuring Methods: Bicycle  
Measured By Mark Capparella, 30 Scott Hill Blvd, Bellingham, MA 02019, mark\_capparella@waters.com, 508-740-7836  
Race Contact Dave Kennedy, VFW Post # 5594, PO Box 472, Upton MA 01568; dbkenn69@aol.com; 508-320-7132  
Date(s) when course measured: 8/12/2018, 7/31/2023  
Number of measurements of entire course: 2 Course Configuration: figure 8  
Elevation (meters above sea level) Start 95.00 Finish 91.00 Lowest 83.00 Highest 96.00  
Straight line distance between start and finish 190m Drop 0.80 m/km Separation 3.80 %  
Type of surface: Paved 100 % Dirt 0 % Gravel 0 % Grass 0 % Track 0 %  
Effective date of certification: August 4, 2023 Certification code: MA18301JK

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:*** **2028**

**AS NATIONALLY CERTIFIED BY:**

Date: August 11, 2023

Justin Kuo - USATF/RRTC Certifier - 39 Oakland Rd, Brookline MA 02445  
(617) 487-4463 - jkuo+certifier@usatfne.org

# Upton VFW Run to Remember 5K Road Race

## Upton, MA

Measured on Aug 12, 2018. Adjusted on July 31, 2023 by Mark Capparella  
Ti-Valley Front Runners  
E-mail: [mark\\_capparella@waters.com](mailto:mark_capparella@waters.com) / cell: 508 740 7836



**USATF Certificate**  
MA18301JK  
Effective: 08/04/2023  
Through: 12/31/2028

**FINISH DETAIL**  
Finish is on the paved driveway in front of VFW Post 5594.  
It is across from the hall front door and is even with the center of the walkway to the memorial flag pole  
This is marked with a PK nail and washer.

**START DETAIL**  
Start is on Milford St just before the intersection with Brooks St.  
It is 37 feet 4 inches before the edge of the last sidewalk curb on Milford St before Brooks St.  
This is marked with a PK nail and washer.

**COURSE DESCRIPTION**  
(Given in reference to direction of how course is run)  
START as per START DETAIL and bear RIGHT onto Brooks St.  
Turn RIGHT onto Piccadilly St towards Grove St.  
Turn LEFT onto Grove St.  
Turn RIGHT onto Station St.  
Turn LEFT onto Plain St.  
**MILE 1** is on Plain St in front of #24 Plain St and is 24 feet before WCECo Utility Pole # 10  
Turn LEFT onto Mendon St.  
Turn LEFT onto Grove St  
**MILE 2** is on Grove St. beside mailbox pole for #97 Grove St. and is 38 feet after ME Co utility pole # 45  
Turn RIGHT onto Milford St (Rt 140) towards the VFW Hall  
**MILE 3** is on Milford St. and is across from and 8 feet After MECO utility pole # 1  
Turn RIGHT into last entryway of VFW POST 5594  
Turn LEFT onto driveway in front of VFW Hall, to FINISH as per FINISH DETAIL

**NOTES**  
*This course was measured using the full width of the road and the Shortest Possible Route (SPR) with no restrictions*  
Map not drawn to scale. Not every crossroad shown.  
Unless otherwise noted, all measurements are from MIDPOINT of object referenced.

