

NOTES:

COURSE HAS BEEN MEASURED IN ACCORDANCE WITH USAT/FRICT REQUIREMENTS. USING THE SHORTEST POSSIBLE ROUTE (SPR) METHOD TO WITHIN 1/2" OF ALL ROAD AND SURFACED EDGES. RUNNERS HAVE USE FULL WIDTH OF ALL ROADS EXCEPT THAT THEY SHALL KEEP TO THEIR RIGHT OF THE CENTERLINE OF MILL DAIRY TRAIL BETWEEN NATURAL AREA TRAIL AND THE TURNAROUND. ELEVATIONS INDICATED ARE RELATIVE AND ARE AS OBSERVED USING GPS DEVICE AND SUPPLEMENTED BY GOOGLE EARTH READINGS.

COURSE ROUTE:

1. COURSE GOES NE ON STABLE MILL TRAIL FOLLOWING IT TO A LEFT THEN TO THE RIGHT TO MEET MILL DAIRY TRAIL.
2. LEFT ONTO MILL DAIRY TRAIL OVER A SMALL BRIDGE THEN VEERING RIGHT TO GO UP WOODFIELD TRAIL THEN FOLLOWING IT UP AND AROUND TO MEET MILL DAIRY TRAIL THEN ONTO MILL DAIRY TRAIL PASSING NATURAL AREA TRAIL.
3. FOLLOWING IT UP AND AROUND TO MEET MILL DAIRY TRAIL THEN ONTO MILL DAIRY TRAIL PASSING NATURAL AREA TRAIL.
4. RIGHT ONTO NATURAL AREA TRAIL FOLLOWING IT UPHILL ON ITS VARIOUS CURVES PARTICULARLY A LONG SWEEPING CURVE TO THE LEFT UNTIL IT STRAIGHTENS OUT TO MEET THE STABLE MILL TRAIL.
5. VEER RIGHT SLIGHTLY TO CONTINUE ON STABLE MILL TRAIL FOLLOWING IT SOUTHERLY AND WESTERLY TO THE FINISH.

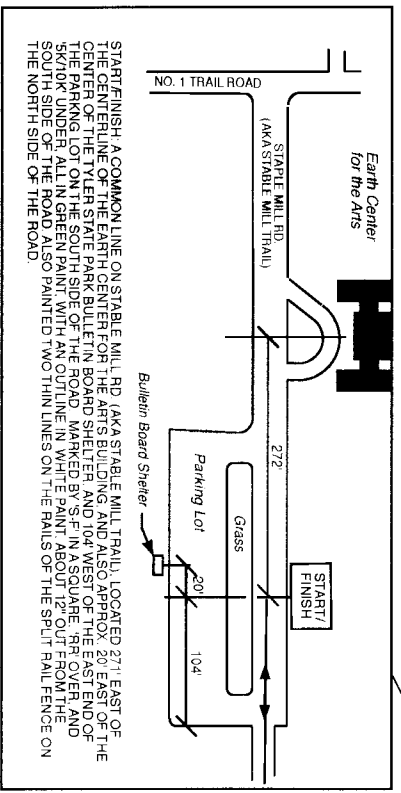
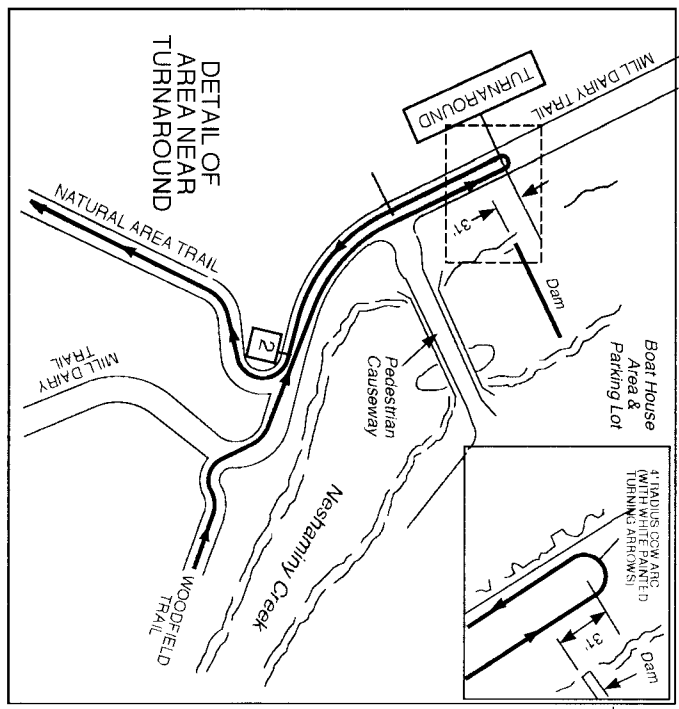


USAT/FRICT
 Certification Code:
PA10037WB
 Effective 09/05/2010 to 12/31/2010

RACE FOR RESOURCES 5K

Tyler State Park

Newtown, PA

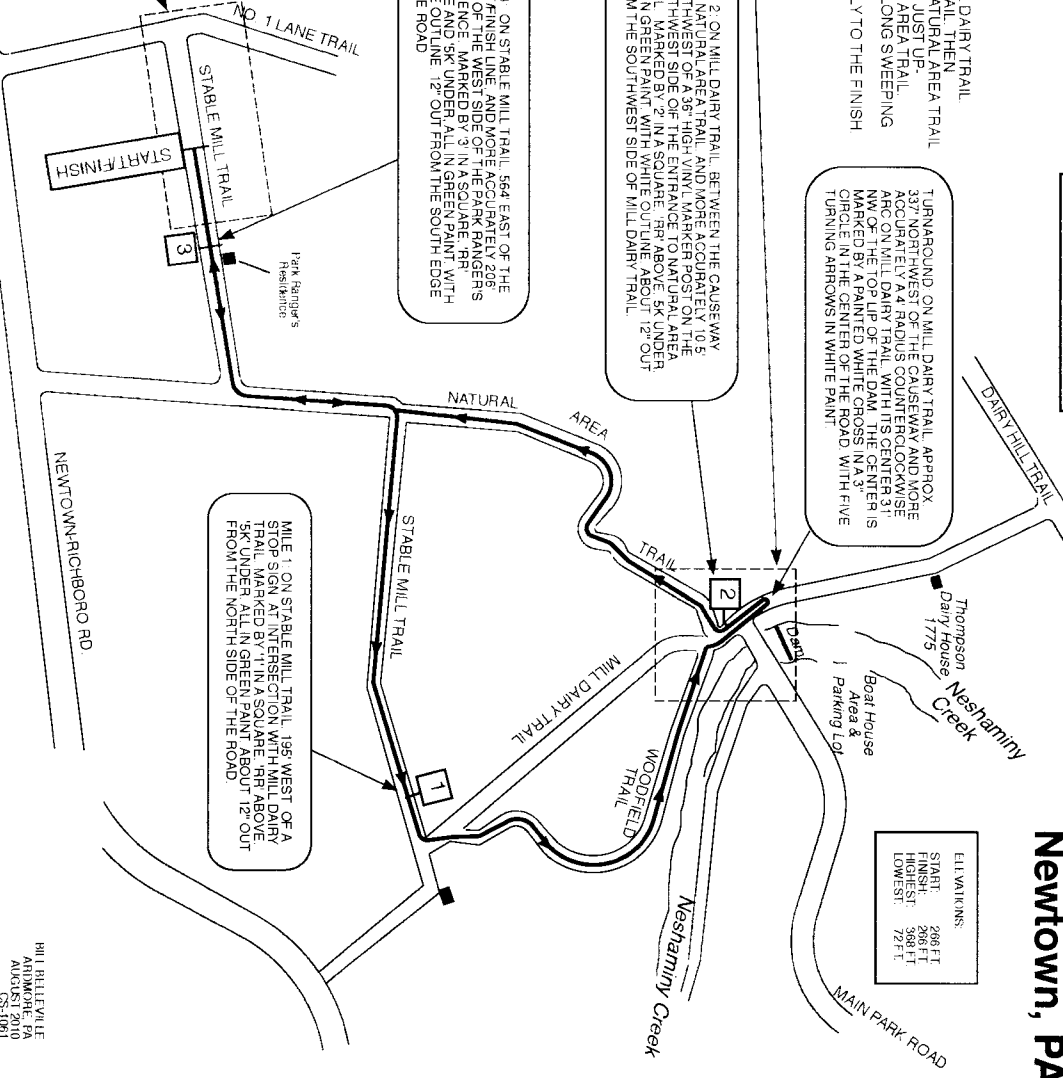


MILE 2.0 ON MILL DAIRY TRAIL BETWEEN THE CAUSEWAY AND NATURAL AREA TRAIL AND MORE ACCURATELY 10.5 NORTHWEST OF A 36" HIGH VINYL MARKER POST ON THE TRAIL WEST SIDE OF THE CAUSEWAY. THE MARKER IS 31' FROM THE CENTERLINE OF THE TRAIL. THE CENTERLINE IS MARKED BY A PAINTED WHITE CROSS IN A 3' CIRCLE IN THE CENTER OF THE ROAD WITH FIVE TURNING ARROWS IN WHITE PAINT.

MILE 2.2 ON STABLE MILL TRAIL, BETWEEN THE CAUSEWAY AND NATURAL AREA TRAIL, AND MORE ACCURATELY 10.5 NORTHWEST OF A 36" HIGH VINYL MARKER POST ON THE TRAIL WEST SIDE OF THE CAUSEWAY. THE MARKER IS 31' FROM THE CENTERLINE OF THE TRAIL. THE CENTERLINE IS MARKED BY A PAINTED WHITE CROSS IN A 3' CIRCLE IN THE CENTER OF THE ROAD WITH FIVE TURNING ARROWS IN WHITE PAINT.

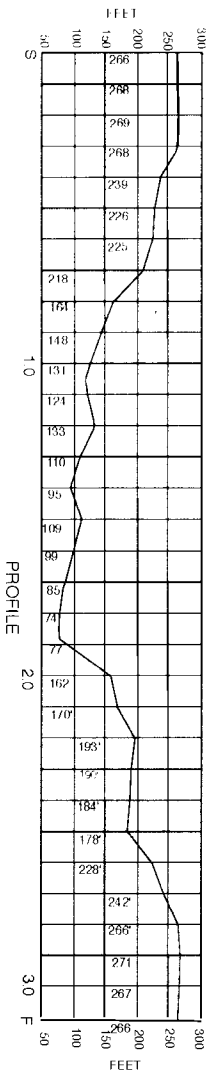
MILE 3.0 ON STABLE MILL TRAIL, 564' EAST OF THE START/FINISH LINE, AND MORE ACCURATELY 208' WEST OF THE WEST SIDE OF THE PARK RANGERS RESIDENCE, MARKED BY 3" IN SQUARE. THE MARKER IS 12' OUT FROM THE SOUTH EDGE OF THE ROAD.

MILE 4.0 ON STABLE MILL TRAIL, 195' WEST OF A 36" HIGH VINYL MARKER POST ON THE TRAIL WEST SIDE OF THE CAUSEWAY. THE MARKER IS 31' FROM THE CENTERLINE OF THE TRAIL. THE CENTERLINE IS MARKED BY A PAINTED WHITE CROSS IN A 3' CIRCLE IN THE CENTER OF THE ROAD WITH FIVE TURNING ARROWS IN WHITE PAINT.



ELEVATIONS

START	266 FT
FINISH	266 FT
HIGHEST	398 FT
LOWEST	127 FT



HILL BELLEVILLE
 ANDMORE, PA
 AUGUST 2009
 (57-1091)