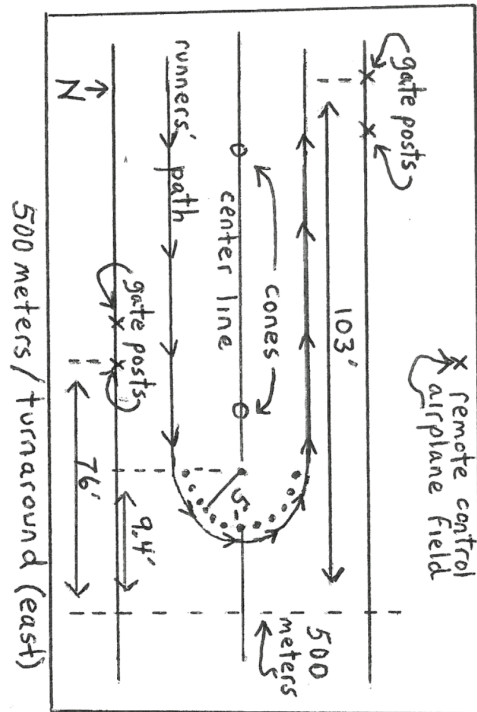
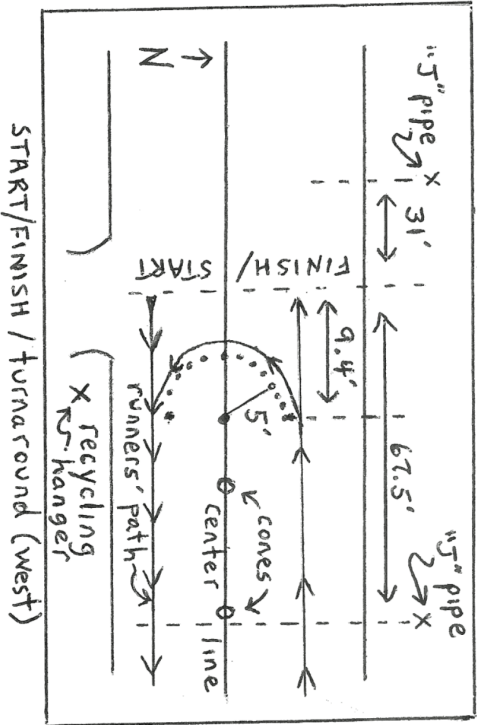


AAU National Race Walk Championship 1K loop

Tallahassee, FL



Notes:

1. Start line to finish line is 1km.
2. One loop is 1 km.
3. Marks are made with masonry nails and washers, with white paint.
4. Cones are placed along the centerline, restricting outgoing runners to the south lane, and incoming runners to the north lane.
5. Cones for turnarounds are at least 20cm (7 7/8 inches) in height, and are placed no more than 1.5 meters (59 inches) apart.
6. See item #34 on roadrace application for description of how arc turns were created without adding distance to the course.

S/ F: on the unnamed main rd. through Apalachee Regional Park, adjacent to the electronics recycling hanger. Start is 31' east of westernmost 6' tall inverted "J" pipe on north side of road. It is also 67.5' west of the second "J" pipe from the west, on north side of rd.

West turnaround: Center point for arc turn with a 5' radius is located on the midline of road, 9.4' east of Start/Finish line.

500 m: adjacent to remote control airplane field. Turn is 76' east of east metal gatepost on south side of road, for swinging gate. It is also 103' east of west metal gatepost on north side of road.

East turnaround: Center point for arc turn with a 5' radius is located on the midline of road, 9.4' west of the 500 meter mark.



USATF Certificate
 FL20022JK
 Effective: 06/16/2020
 Through: 12/31/2030

Course measured
 June 10, 2020
 by: Bill McGuire
 1978 Setting Sun Trail
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