East Boston, Massachusetts August 4, 2013

### 10 KILOMETERS ON A 1043.992 METER PATH (604 METERS + 9 LAPS)

| meters               | 604 | 1648 | 2692 | 3736 | 4780 | 5824 | 6868 | 7912 | 8956 | 10000 |
|----------------------|-----|------|------|------|------|------|------|------|------|-------|
| LAPS TO GO:          | 9   | 8    | 7    | 6    | 5    | 4    | 3    | 2    | 1    | 0     |
| ATHLETE / LAPS DONE: | 0   | 1    | 2    | 3    | 4    | 5    | 6    | 7    | 8    | 9     |
|                      |     |      |      |      |      |      |      |      |      |       |
|                      |     |      |      |      |      |      |      |      |      |       |
|                      |     |      |      |      |      |      |      |      |      |       |
|                      |     |      |      |      |      |      |      |      |      |       |
|                      |     |      |      |      |      |      |      |      |      |       |
|                      |     |      |      |      |      |      |      |      |      |       |
|                      |     |      |      |      |      |      |      |      |      |       |
| meters               | 604 | 1648 | 2692 | 3736 | 4780 | 5824 | 6868 | 7912 | 8956 | 10000 |
| LAPS TO GO:          | 9   | 8    | 7    | 6    | 5    | 4    | 3    | 2    | 1    | 0     |
| ATHLETE / LAPS DONE: | 0   | 1    | 2    | 3    | 4    | 5    | 6    | 7    | 8    | 9     |
|                      |     |      |      |      |      |      |      |      |      |       |
|                      |     |      |      |      |      |      |      |      |      |       |
|                      |     |      |      |      |      |      |      |      |      |       |
|                      |     |      |      |      |      |      |      |      |      |       |
|                      |     |      |      |      |      |      |      |      |      |       |
|                      |     |      |      |      |      |      |      |      |      |       |
|                      |     |      |      |      |      |      |      |      |      |       |
|                      |     |      |      |      |      |      |      |      |      |       |

| LAP COUNTER NAME | CERT. NO. |  |
|------------------|-----------|--|
|                  |           |  |

Note: 10,000 meters = 32,808.40 feet = 6.21 miles = 10,936.13 yards = 6 miles, 376 yards, 4.8 inches

Be sure to write your athletes hip number, bib number, uniform color & other identification information in the spaces under athlete. Also, try to get a good look at your athlete before the race starts.

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# 5 KILOMETERS ON A 1043.992 METER PATH (824 METERS + 4 LAPS)

|                      |     |      |      |      |      | <br>1 | <u> </u> |  |
|----------------------|-----|------|------|------|------|-------|----------|--|
| meters               | 824 | 1868 | 2912 | 3956 | 5000 |       |          |  |
| LAPS TO GO:          | 4   | 3    | 2    | 1    | 0    |       |          |  |
| ATHLETE / LAPS DONE: | 0   | 1    | 2    | 3    | 4    |       |          |  |
|                      |     |      |      |      |      |       |          |  |
|                      |     |      |      |      |      |       |          |  |
|                      |     |      |      |      |      |       |          |  |
|                      |     |      |      |      |      |       |          |  |
|                      |     |      |      |      |      |       |          |  |
| meters               | 824 | 1868 | 2912 | 3956 | 5000 |       |          |  |
| LAPS TO GO:          |     | 3    | 2912 | 3930 | 0    |       |          |  |
| ATHLETE / LAPS DONE: |     | 3    | 2    | 3    | 4    |       |          |  |
| ATHLETE / LAPS DONE: | 0   | 1    |      | 3    | 4    |       |          |  |
|                      |     |      |      |      |      |       |          |  |
|                      |     |      |      |      |      |       |          |  |
|                      |     |      |      |      |      |       |          |  |
|                      |     |      |      |      |      |       |          |  |
|                      |     |      |      |      |      |       |          |  |
|                      |     |      |      |      |      |       |          |  |

| LAP COUNTER NAME | CERT. NO |  |
|------------------|----------|--|
|------------------|----------|--|

Note: 5 kilometers = 16,404.20 feet = 3.11 miles = 5,468.07 yards = 3 miles, 188 yards, 2.4 inches

Be sure to write your athletes hip number, bib number, uniform color & other identification information in the spaces under athlete. Also, try to get a good look at your athlete before the race starts.

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# 3 KILOMETERS ON A 1043.992 METER PATH (912 METERS + 2 LAPS)

|                      |     | 1    |      |  | 1 | 1 |  |  |
|----------------------|-----|------|------|--|---|---|--|--|
| meters               | 912 | 1956 | 3000 |  |   |   |  |  |
| LAPS TO GO:          | 2   | 1    | 0    |  |   |   |  |  |
| ATHLETE / LAPS DONE: | 0   | 1    | 2    |  |   |   |  |  |
|                      |     |      |      |  |   |   |  |  |
|                      |     |      |      |  |   |   |  |  |
|                      |     |      |      |  |   |   |  |  |
|                      |     |      |      |  |   |   |  |  |
|                      |     |      |      |  |   |   |  |  |
| motoro.              | 042 | 1056 | 2000 |  |   |   |  |  |
| meters               | 912 | 1956 | 3000 |  |   |   |  |  |
| LAPS TO GO:          | 2   | 1    | 0    |  |   |   |  |  |
| ATHLETE / LAPS DONE: | 0   | 1    | 2    |  |   |   |  |  |
|                      |     |      |      |  |   |   |  |  |
|                      |     |      |      |  |   |   |  |  |
|                      |     |      |      |  |   |   |  |  |
|                      |     |      |      |  |   |   |  |  |
|                      |     |      |      |  |   |   |  |  |

| LAP COUNTER NAME | CERT. NO. |
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|                  |           |

Note: 3 kilometers = 9842.52 feet = 1.86 miles = 3,280.84 yards = 1 mile, 1520 yards, 30.24 inches

Be sure to write your athletes hip number, bib number, uniform color & other identification information in the spaces under athlete. Also, try to get a good look at your athlete before the race starts.

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### 2 KILOMETERS ON A 1043.992 METER PATH (956 METERS + 1 LAPS)

|                      | 1   | 1    | 1 | 1 | 1 | Υ | ī | 1 |  |
|----------------------|-----|------|---|---|---|---|---|---|--|
| meters               | 956 | 2000 |   |   |   |   |   |   |  |
| LAPS TO GO:          |     | 0    |   |   |   |   |   |   |  |
| ATHLETE / LAPS DONE: | 0   | 1    |   |   |   |   |   |   |  |
|                      |     |      |   |   |   |   |   |   |  |
|                      |     |      |   |   |   |   |   |   |  |
|                      |     |      |   |   |   |   |   |   |  |
|                      |     |      |   |   |   |   |   |   |  |
|                      |     |      |   |   |   |   |   |   |  |
|                      |     |      |   |   |   |   |   |   |  |
| meters               | 956 | 2000 |   |   |   |   |   |   |  |
| LAPS TO GO:          | 1   | 0    |   |   |   |   |   |   |  |
| ATHLETE / LAPS DONE: | 0   | 1    |   |   |   |   |   |   |  |
|                      |     |      |   |   |   |   |   |   |  |
|                      |     |      |   |   |   |   |   |   |  |
|                      |     |      |   |   |   |   |   |   |  |
|                      |     |      |   |   |   |   |   |   |  |
|                      |     |      |   |   |   |   |   |   |  |
|                      |     |      | 1 | 1 | I | l | 1 | 1 |  |

CERT. NO.

Note: 2 kilometers = 6561.68 feet = 1.24 miles = 2187.23 yards = 1 mile, 427 yards, 8.28 inches

LAP COUNTER NAME

Be sure to write your athletes hip number, bib number, uniform color & other identification information in the spaces under athlete. Also, try to get a good look at your athlete before the race starts.