

USATF-CERTIFIED  
COURSE  
VA-10024-RT

**Semper Fred 5 km  
Version 2010**  
Measured by Vic Culp  
On March 14, 2010  
Fredericksburg, VA

START/FINISH – 32'6" NE of pole SA23 in the northeast bound lanes of Carl Silver  
MILE 1 – 36'7" SW of pole RG85 on Gordon Shelton before turnaround  
Turnaround 1 – 68'9" W of pole SG43 on Gordon Shelton across grass median, near slave museum garden  
MILE 2 – 25'2" N of second Fire Hydrant south of Gordon Shelton on Carl Silver  
Turnaround 2 – around cut through for south entrance into Wal-Mart for the north bound lanes of Carl Silver. Pole RL40 is just north of this cut through  
MILE 3 – 39'5" NW of pole RO39

CERTIFICATION IN EFFECT  
11 MAY 2010 TO 31 DEC 2020

