



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



Name of the course RUN FOR THE HEALTH OF IT 5K Distance 5 km
Location (state) NY (city) Northport
Type of course: Road Race
Measuring Methods: Bicycle
Measured By Gary Westerfield - 350 Old Willets Path - Smithtown, NY 11787 - (631) 834-9340 - garywesterfield@verizon.n
Race Contact Susan Bruder - Visiting Nurse Service 505 Main Street, Northport, NY 11768 - 6312617200
Date(s) when course measured: 03/20/2022
Number of measurements of entire course: 2 Course Configuration: keyhole (out/loop/back)
Elevation (meters above sea level) Start 28.00 Finish 28.00 Lowest 5 Highest 34
Straight line distance between start and finish 0 m Drop 0.00 m/km Separation 0.00 %
Type of surface: Paved 100 % Dirt 0 % Gravel 0 % Grass 0 % Track 0 %
Effective date of certification: March 30, 2022 Certification code: NY22009DNB

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.

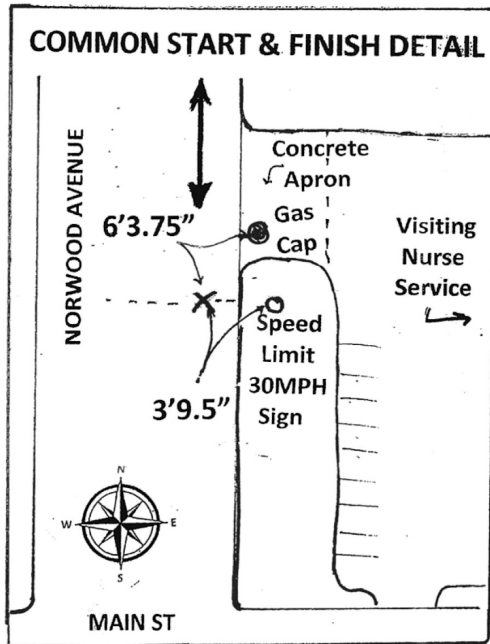
This certification expires on December 31 of the year: **2032**

AS NATIONALLY CERTIFIED BY:

Date: March 31, 2022

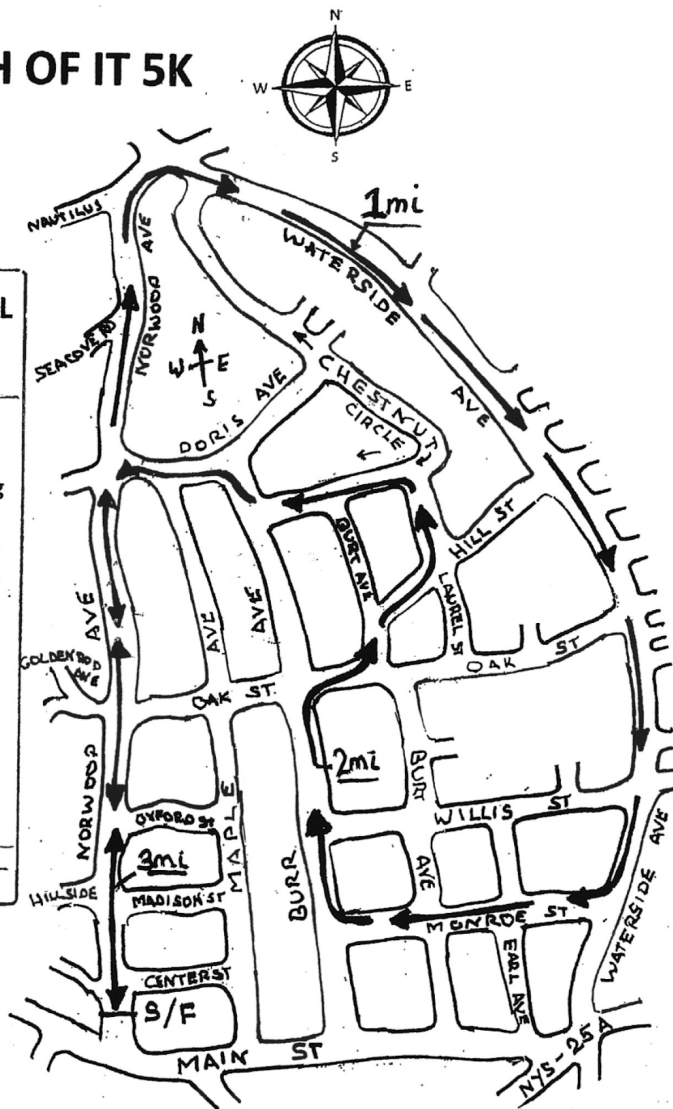
Diana Bean - USATF/RRTC Certifier - 180 W. Lake Road, Brackney PA 18812
(607) 240-9858 - dbean0120@gmail.com

RUN FOR THE HEALTH OF IT 5K Northport, New York



USATF Certificate

NY22009DNB
Effective: 03/30/2022
Through: 12/31/2032



Measured by G. Westerfield 03/20/2022
garywesterfield@verizon.net AIMS B

COURSE NARRATIVE: Runners have full use of all roadways & may take the shortest route available (SRA). **COMMON START & FINISH:** PK Nail Norwood Ave, 1'0" W of curb S of entrance to Visiting Nurse Service; 6'3.75" SW of gas cap in concrete apron & 3'9.5" NW of Speed Limit 30MPH sign in grass south of apron. Run N on Norwood & right (SE) on Waterside Ave. Pass **1MILE:** W-side of Waterside in line with "bump out" in retaining wall between #135 & #137. Continue S on Waterside. Turn right (W) on Monroe St & right (N) on Burr Ave. Pass **2MILES:** E-side of Burr in line with NW corner of front stoop to #62. Turn right (E) on Oak St. to left on Burr Ave, then right (NE) on Hill St to left (N) on Laurel St, left (W) on Chestnut Circle, right (N) on Burr, left on Doris Ave & left (S) on Norwood. Pass **3MILES:** on E-side of Norwood at the street sign for Madison St. Run S to finish.