



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



Name of the course Heckscher State Park Clockwise 5K for 50K & Marathon Distance 5km
Location (state) NY (city) Great River
Type of course: Road Race
Measuring Methods: Bike
Measured By Gary Westerfield, 350 Old Willets Path, Smithtown, NY 11787; 631-834-9340; garywesterfield@verizon.net
Race Contact Sue Fitzpatrick, GLIRC, 1010 Dupont St., Plainview, NY 11803; 516-349-7649; sue@glirc.com
Date(s) when course measured: 02/03/2020
Number of measurements of entire course: 2 Course Configuration: loop
Elevation (meters above sea level) Start 1.5m Finish 1.5m Lowest 0.3m Highest 1.8m
Straight line distance between start and finish 0m Drop 0 m/km Separation 0 %
Type of surface: Paved 100 % Dirt 0 % Gravel 0 % Grass 0 % Track 0 %
Effective date of certification: February 15, 2020 Certification code: NY20003DNB

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: **2030**

AS NATIONALLY CERTIFIED BY:

Date: February 15, 2020

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



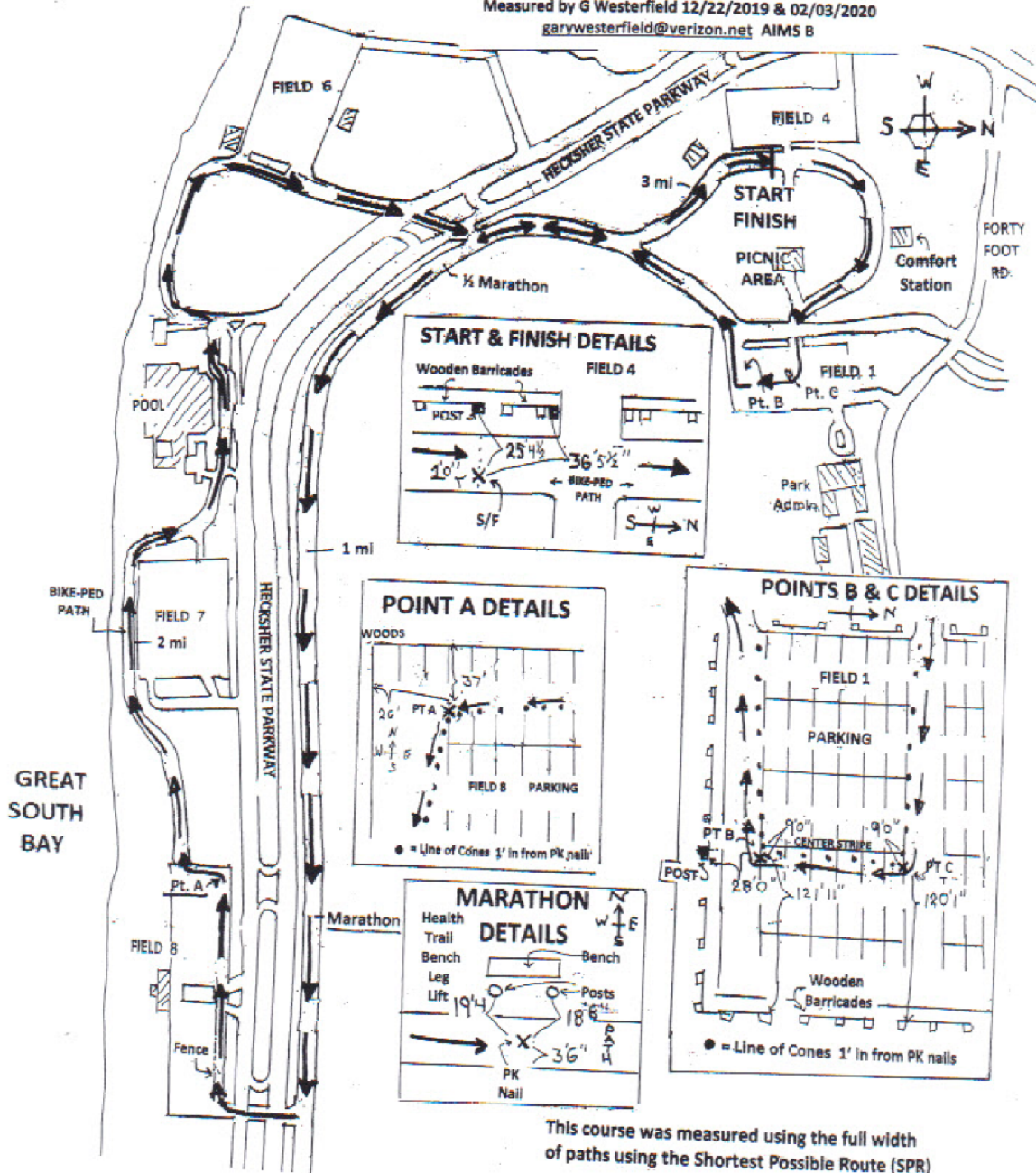
USATF Certificate
 NY20003DNB
 Effective: 02/15/2020
 Through: 12/31/2030

HECKSCHER STATE PARK CLOCKWISE 5K FOR 50K & MARATHON

Great River, New York

50k = 10 Circuits; Marathon = 8 Circuits + 2.195k

Measured by G Westerfield 12/22/2019 & 02/03/2020
 garywesterfield@verizon.net AIMS B



HECKSCHER STATE PARK CLOCKWISE 5K FOR 50K & MARATHON

COURSE NARRATIVE:

Introduction: 5k Clockwise Circuit uses the 5k circuit certified as NY20001DNB which is conducted on a paved asphalt bicycle/pedestrian paths within Heckscher State Park. It may be used for races of 5k intervals. The Marathon is certified for use during the 50k. All other split marks are for reference only and are not certified. Turning Points A, B & C are located in paved parking lots and must be coned for accuracy. All certified points are marked with surveyor's PK nails and a white X and were measured with a steel tape.

Start/Finish: On path next to Field 4, 25'4 ½" east of the 4th wooden barricade post south of the path opening to Field 4 & 36'5 ½" southeast of 1st post.

Point C & B: A box shaped "bump out" is artificially created in Field 1 delineated by two points in the third parking row; The box is marked with cones 1 ft in from points along the south, east and north sides of the box.

Point C: Field 1, along the northern end of the first parking area, 9' east of the 3rd parking area's center striping line; 120'1" west of wood barricade at eastern end of Field 1.

Point B: Along the south end of Field 1 parking striping, 9' east of the 3rd parking stripe center/cross line 28' north of the wood barricade; 121'11" west of wood barricade at eastern end of Field 1.

½ Mar Ref (4th circuit + 1097.5m): For reference only, not certified. On bike path along the Heckscher State Parkway after split from common path leaving the picnic area, 32' after the last fence/posts.

1 mi: North side of the bike path in line with the west fence of Field 7 across the parkway.

Marathon (8th circuit + 2195m): At the Health Trail Bench Leg Lift station, approximately 220 meters before the crosswalk that turns south towards Field 8; PK nail is 3'6" north of the south edge of the path, and 19'4" south of the first and 18'8" south of the second posts in front of the exercise bench.

Point A: Along the north driving lanes, at the last delineating line for the last parking space in Field 8; 26 feet from the west edge and 37' south of the north edge of the asphalt pavement. Route turns left (south) diagonally towards the bicycle pedestrian path exiting Field 8 pavement.

2mi: On the bicycle/pedestrian path along the south edge of Field 7, 2' after the east edge of the 18th concrete car stopping block; 11' before the second bench.

3 mi: On the bicycle/pedestrian path, in line with a concrete grill box, 80' before an H2O drinking fountain of the right before reaching Field 4.