



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



Name of the course Inola 8k 2025 Distance 8 km
Location (state) OK (city) Inola
Type of course: Road Race
Measuring Methods: Bicycle
Measured By Martin Updike, 812 Eastside Blvd, Muskogee, OK 74403, martin@i40raceservice.com, 918-577-1956
Race Contact Rosalie Griffith, Rosalie.griffith@aol.com, 918-637-2418
Date(s) when course measured: 06/04/2025
Number of measurements of entire course: 2 Course Configuration: out and back
Elevation (meters above sea level) Start 182.00 Finish 182.00 Lowest 175.00 Highest 182.00
Straight line distance between start and finish 0m 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: June 12, 2025 Certification code: OK25005MU

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.

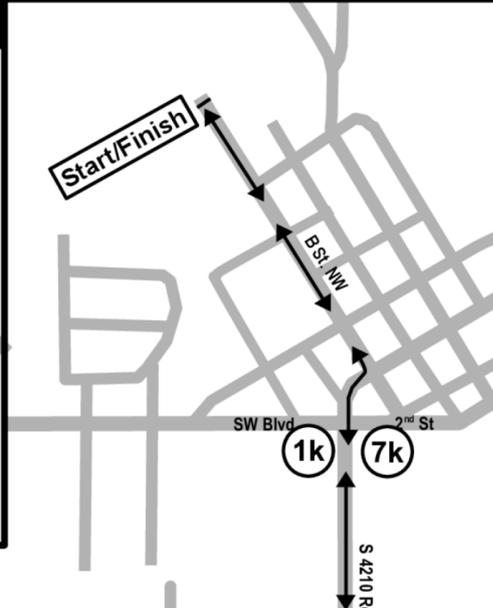
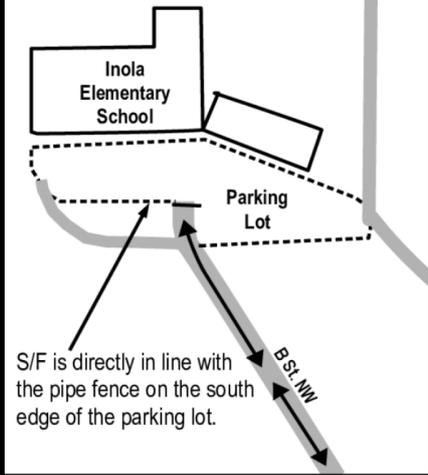
This certification expires on December 31 of the year: **2035**

AS NATIONALLY CERTIFIED BY:

Date: June 12, 2025

Martin Updike - USATF/RRTC Certifier - 812 Eastside Blvd, Muskogee OK 74403
(918) 577-1956 - martin@i40raceservice.com

Start/Finish Detail Map



Start/Finish: At the entrance to the Inola Elementary Parking Lot, directly in line with the pipe fence on the south edge of the parking lot.

1k/7k: On S 4210 Rd (C St), 3 meters south of the stop sign on the SW corner of C St. and SW Blvd.

2k/6k: On S 4210 Rd (C St), 15 m N of the driveway of 500 S 4210 Rd.

3k/5k: On S 4210 Rd (C St), 18 m south of the mailbox for 33255 S 4210 Rd

4k Turnaround: On S 4210 Rd (C St), at south edge of the house at 33815 S 4210 Rd. (House with Pool).

INOLA 8K 2025

INOLA, OKLAHOMA



USATF Certificate

OK25005MU
Effective: 06/12/2025
Through: 12/31/2035



Shortest Possible Route (SPR) was used to measure this course. No restrictions.

Measured by:
Martin Updike, I:40 Race Service
Measured on 6/4/2025
918-577-1956,
martin@i40raceservice.com

Race Contact:
Rosalie Griffith
Rosalie.griffith@aol.com

Elevations:
Start: 207 m
Finish: 207 m
Lowest: 202 m
Highest: 227 m

Turnaround Detail Map

