



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

Measurement Certificate



Name of the course Mountainside Rescue Squad 5K #2 Distance 5 km

Location (state) NJ (city) Mountainside

Type of course: Road Race

Measuring Methods: Steel Tape & Bicycle

Measured By Matt Slocum, PO Box 3005, Montclair, NJ 07043, matt@precisioncoursedesign.com, 917-725-1709

Race Contact Chief Eric D. Pastore, Mountainside Rescue Squad, mside.ems@gmail.com

Date(s) when course measured: 11/15/2025

Number of measurements of entire course: 2 Course Configuration: point to point

Elevation (meters above sea level) Start 39.00 Finish 40.00 Lowest 27.00 Highest 42.00

Straight line distance between start and finish 194m Drop -0.20 m/km Separation 3.88 %

Type of surface: Paved 77.42% Dirt 22.58% Gravel 0 % Grass 0 % Track 0 %

Effective date of certification: December 4, 2025 Certification code: NJ25045MNS

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: December 4, 2025

Matt Slocum - USATF/RRTC Certifier - PO Box 3005, Montclair NJ 07043
(917) 725-1709 - matt@precisioncoursedesign.com

