

# USATF Certificate NJ14012LMB

Effective 4/31/14 to 12/31/24

**Run the Palisades 10K  
Fort Lee Course Map  
(not to scale) Fort Lee, NJ**

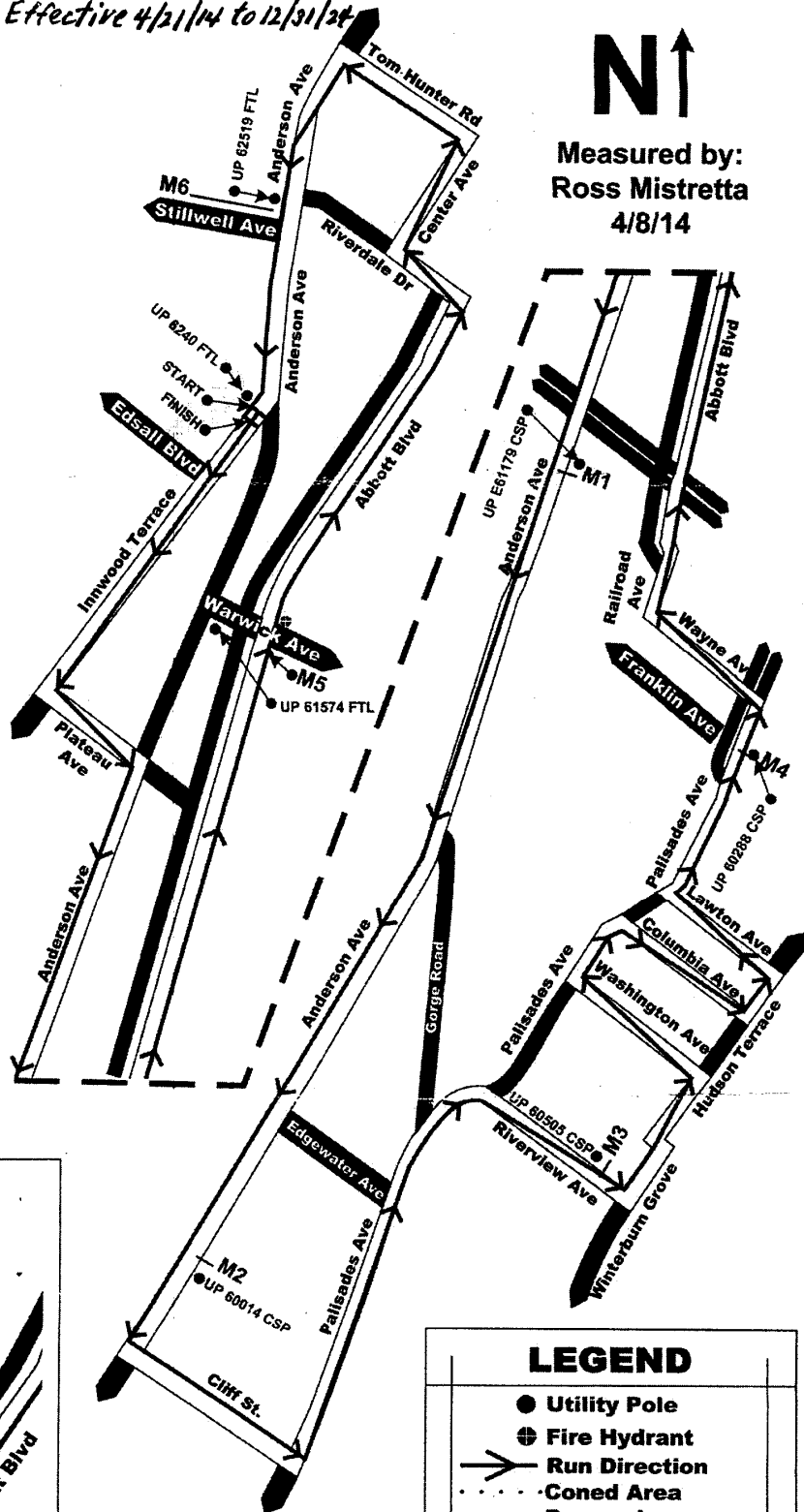
**Start:** On Inwood Terrace, between Edsall & Anderson Ave, across from the middle of the Community Ctr Bldg. 1' South of Utility Pole (UP) #6240 on West side of Street; 4' 5" North of the fire hydrant also on West side.

**Finish:** On Inwood Terrace, between Edsall & Anderson Ave & across from the front entrance to the Community Center, directly even with UP #61684 that is the 3rd UP N of Edsall Ave on West side 94' S of the Start.

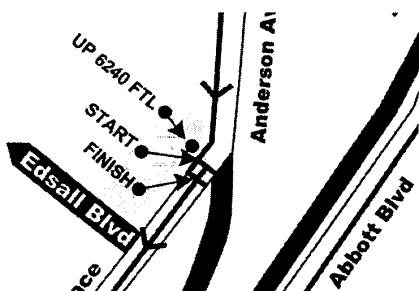
**Miles 1-6:** See Page 2  
**Expected Traffic Control Points and Turn-by-Turn Directions** are outlined in the Notes below.



**Measured by:  
Ross Mistretta  
4/8/14**



## DETAILED START/FINISH



## LEGEND

- Utility Pole
- ⊕ Fire Hydrant
- Run Direction
- ... Coned Area
- Barcade



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



Name of the course Run the Palisades 10K - Fort Lee Distance 10 km  
Location (state) New Jersey (city) Fort Lee  
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Complex of Loops  
Type of surface: paved 100 % dirt      % gravel      % grass      % track      %  
Elevation (meters above sea level) Start 95 m Finish 95 m Highest 104 m Lowest 77 m  
Straight line distance between start & finish 29 m Drop 0 m/km Separation 0.29 %  
Measured by (name, address, phone & e-mail) Ross Mistretta, 96 Carol Pl, Wayne, NJ 07470  
973-706-8969, rmistret@optonline.net  
Race contact (name, address, phone & e-mail) Roberta Schmidt, 113 Sunflower Ave Suite 1010,  
Paramus, NJ 07652, 201-444-0337  
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐  
Number of measurements of entire course: 2 Date(s) when course measured: 4/8/2014  
Race date: 5/18/2014 Course certification effective date: 4/21/2014  
Certification code: NJ14012LMB

Notice 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 this course, or at the discretion of USA Track & Field, a verification remeasurement 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 in the year*** **2024**

**AS NATIONALLY CERTIFIED BY:**

  
\_\_\_\_\_  
Larry M. Baldasari, Sr. USATF/RRTC Course Certifier Phone: 609-890-8343  
3448 Nottingham Way, Hamilton Square, NJ 08690 Email: larsurfrun@gmail.com

Date: 4/26/2014

**All Directions are provided relative to the running direction:**

- Start:** On Inwood Terrace, between Edsall & Anderson Ave, across from the middle of the Community Ctr Bldg. 1' South of Utility Pole (UP) #6240 on West side of Street; 4' 5" North of the fire hydrant also on West side.
- Mile 1:** On Anderson Avenue facing South 11ft. 1in. AFTER Utility Pole (UP) E61179 CSP in front of 796 Anderson Ave.
- Mile 2:** On Anderson Avenue facing South 70ft. 3in. BEFORE Utility Pole (UP) 60014 CSP in front of 372 Anderson Ave.
- Mile 3:** On Riverview Avenue facing East 72ft. AFTER Utility Pole (UP) 60505 CSP.
- Mile 4:** On Palisades Avenue across from intersecting Franklin Ave facing North inline with Utility Pole (UP) 60288 CSP.
- Mile 5:** On Abbott Blvd facing North inline with UP 61574 FTL across median on the South side of Abbot Blvd and 38ft. 3in. BEFORE the Fire Hydrant on the North side of Warwick Ave. Mile Marker is on the Southeast corner of the intersection.
- Mile 6:** On Anderson Avenue facing South 23ft. 3in. AFTER Utility Pole (UP) 62519 FTL before the Stillwell Avenue intersection.
- Finish:** On Inwood Terrace, between Edsall & Anderson Ave & across from the front entrance to the Community Center, directly even with UP #61684 that is the 3rd UP N of Edsall Ave on West side 94' S of the Start.

**Notes:**

Participants will run with the flow of traffic. Inwood Terrace will be closed to traffic as will Plateau Avenue at the START. When initially traveling down Anderson Avenue participants will run on the right side of the center line before making a LEFT onto Cliff Avenue. Mile Markers are located on the North side of the street. When traveling North on Palisades Avenue runners will stay to the right of the centerline before making the LEFT onto Wayne Ave.

All side streets involving "zig zagging" back and forth to/from Palisades Avenue will be closed to traffic although Palisades Ave itself will only be closed to the RIGHT of the center line. When on Railroad Avenue and Abboy Blvd each participant should stay to the right side of the road prior to make the LEFT on Riverdale Ave. Center Ave and Tom Hunter Road will be close to traffic before returning to Anderson Avenue where runners should cross to the Right side of the road as they make their way back to Inwood Terrace and the Finish.

The shortest distance through (ingress/egress) will be taken to the center lines on both Anderson and Palisades Avenues. True tangents will be reflected through all residential sections of the course. Course will be run with cars parked adjacent the curb on Anderson and Palisades Ave.

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