

Grace-in-Motion Run for the Kids 10K Course Map

Fortlee, NJ 07024

USATF Certificate: NJ19026LMB

Effective: July 25, 2019 to Dec. 31, 2029



All Directions are Given Relative to the Running Direction.

Start: Located 1ft north of the tree and 8.42ft south of the curb edge leading into the second entrance of the northern parking lot.

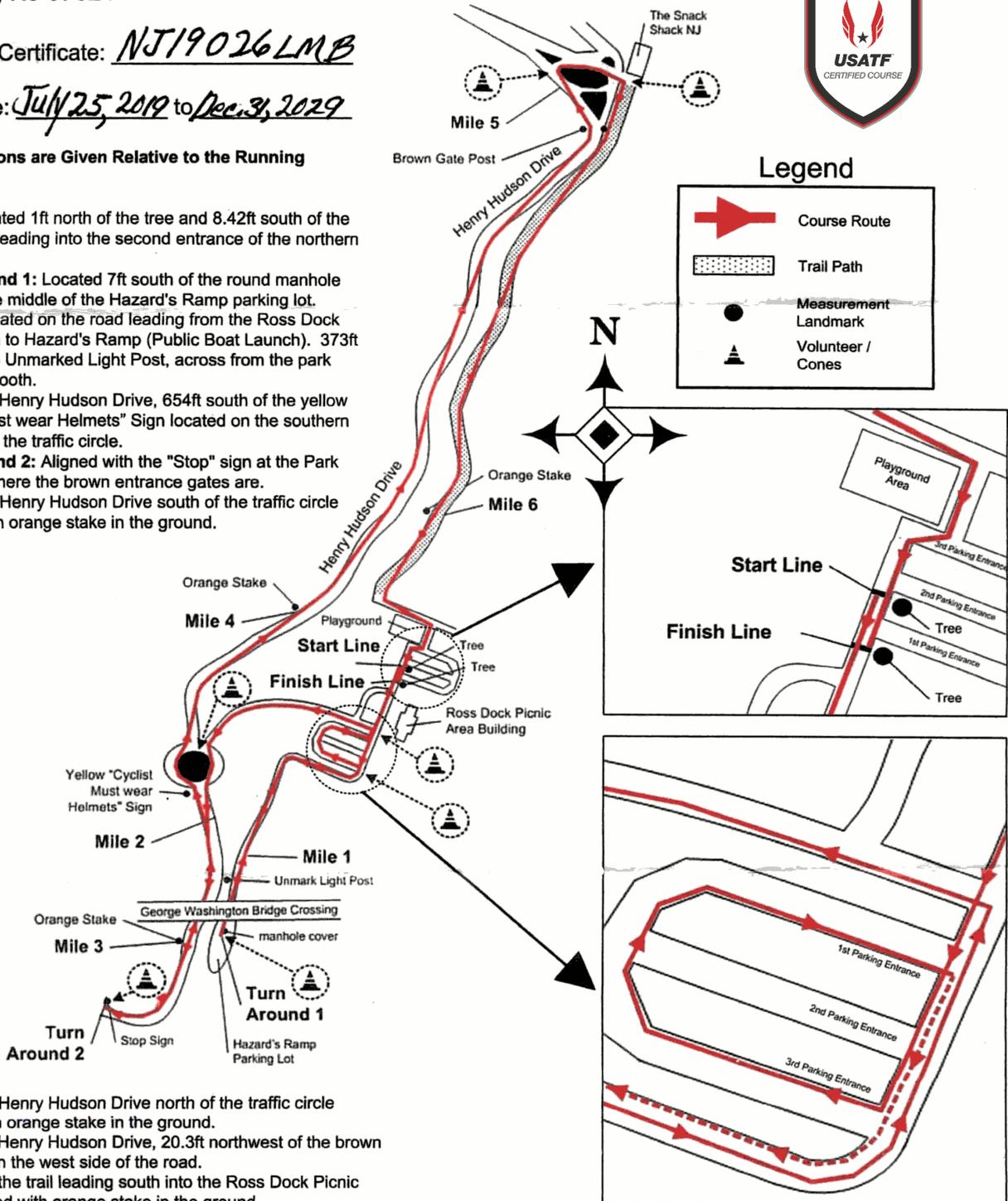
Turn Around 1: Located 7ft south of the round manhole cover in the middle of the Hazard's Ramp parking lot.

Mile 1: Located on the road leading from the Ross Dock Picnic Area to Hazard's Ramp (Public Boat Launch). 373ft north of the Unmarked Light Post, across from the park attendant booth.

Mile 2: On Henry Hudson Drive, 654ft south of the yellow "Cyclist Must wear Helmets" Sign located on the southern entrance to the traffic circle.

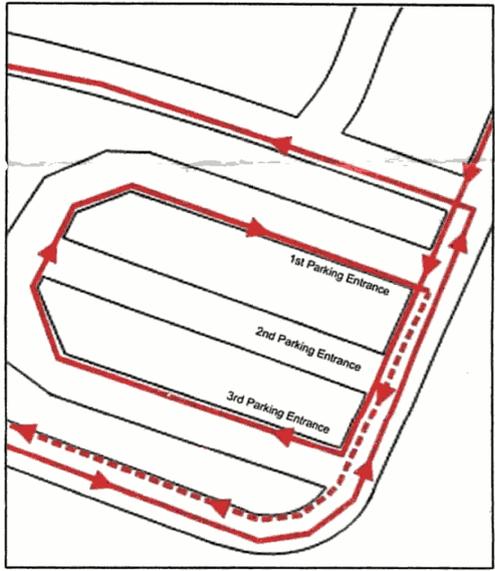
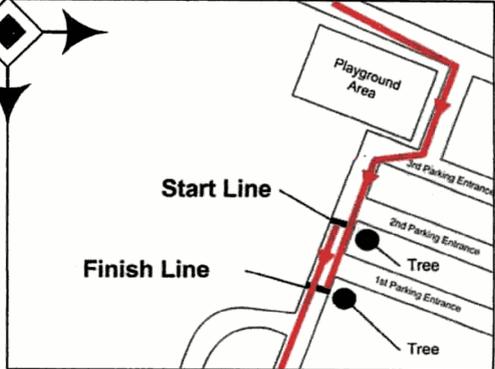
Turn Around 2: Aligned with the "Stop" sign at the Park entrance where the brown entrance gates are.

Mile 3: On Henry Hudson Drive south of the traffic circle aligned with orange stake in the ground.



Legend

- Course Route
- Trail Path
- Measurement Landmark
- Volunteer / Cones



Mile 4: On Henry Hudson Drive north of the traffic circle aligned with orange stake in the ground.

Mile 5: On Henry Hudson Drive, 20.3ft northwest of the brown gate post on the west side of the road.

Mile 6: On the trail leading south into the Ross Dock Picnic Area, aligned with orange stake in the ground

Finish: Aligned with expansion joint on the curb leading into the first entrance of the northern parking lot and also aligned with the center of the tree that is there.

Notes: Volunteers and/or Signs should be placed on indicated spots on the course map to keep runners on course.

Measure on 7-17-2019
 Measured by: Radhames Camilo
 rcamilo29@yahoo.com

Course Map not to scale



Road Running Technical Council
USA Track & Field

Measurement Certificate



Name of the course Grace-Motion Run for the Kids 10K Distance 10 km
 Location (state) New Jersey (city) Fort Lee
 Type of course: road race calibration course
 Measuring method: bicycle steel tape electronic distance meter
 Measured by (name, address, phone & e-mail) Radhames Camilo 346 Stuyvesant Ave. Lyndhurst, NJ 07071
201-657-1599 rcamilo29@yahoo.com
 Race contact (name, address, phone & e-mail) Grace-in-Motion c/o Stephanie Ngai 260 Elm Ave
Teaneck, NJ 07666 732-216-5665 Stephanie@grace-in-motion.org
 Date(s) when course measured: July 17, 2019
 Number of measurements of entire course: 2 Course Configuration: Complex of Loops
 Elevation (meters above sea level) Start 2 m Finish 2 m Highest 51 m Lowest 1 m
 Straight line distance between start & finish 21 m Drop 0 m/km Separation 0.21 %
 Type of surface: paved 80 % dirt 20 % gravel % grass % track %
 Effective date of certification: July 25, 2019 Certification code: NJ19026LMB

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 2029

AS NATIONALLY CERTIFIED BY:

Larry M. Baldasari Date: July 28, 2019
 Larry M. Baldasari, Sr. USATF/RRTC Certifier
 3448 Nottingham Way Hamilton Square, NJ 08690 - 609-577-7314 - larsurfrun@gmail.com