



USATF Certification  
OK18004DG

Hope Harbor 5k  
Claremore, OK – 5,000 meters

Effective Dates  
1/14/18-12/31/28



**Turn Location:** 44 m east of the mailbox of 13500 E 380 Rd, the last house before the end of the road. (GPS Coordinates: 36.4670 -95.5844)

Log Cabin House  
(13500 E 380 Rd)

mailbox

44 m



**Measured by:** Martin Updike, 1:40 Race Service,  
Measured on 1/10/2018  
918-577-1956, martin@40raceservice.com

**Race Contact:** Jennifer Bristow, Hope Harbor  
918-343-0003 jennifer.bristow@hopeharborinc.org

Shortest possible route (SPR) was used to measure course. S/F and splits are marked with yellow paint and nails w/ washers.

**Split Locations:**

1k/4k: On E 380 Rd, at the mailbox of 14637 E 380 Rd, the first house past 4180 Rd.  
2k/3k: On E 380 Rd, 8 m west of the mailbox of 14044 E 380 Rd, the house just east of the 380 Rd and 4170 Rd intersection.

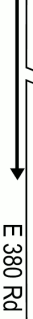
**S/F Location:** On Musgrave Rd, (Rd just east of Hope Harbor),

directly in line with disc golf basket at intersection. (GPS Coord: 36.4683 -95.5585)

Disc golf basket

Hope Harbor Academy

S 4180 Rd

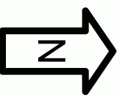


E 380 Rd

Musgrave Rd

Start/Finish Detail Map

2.5k Turn Detail Map



Turn

S 4170 RD

2k/3k



1k/4k

E 380 Rd

S 4180 Rd

Hope Harbor Academy

S/F

Musgrave Rd

Oolagah Lake

High, Start, & Finish: 216 m

Elevation Map

Low: 204 m

0 0.5 km 1 km 1.5 km 2 km 2.5 km



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



Name of course: Hope Harbor 5K Distance: 5 km  
Location : (state) Oklahoma (city) Claremore  
Type of course : road race ☒ calibration course ☐  
Measuring method : bicycle ☒ steel tape ☐ electronic distance meter ☐  
Measured by (name, address, phone & e-mail) Martin Updike 321 Langton Rd., Ft. Gibson, OK 74434  
918-577-1556 martin@i40raceservice.com  
Race Contact (name, address, phone & email) Jenniver Bristow 15025 E 380 Rd, Claremore, OK 74017  
918-343-0003 jennifer.bristow@hopeharborinc.org  
Date(s) when course measured: Jan. 10, 2018  
Number of measurements of entire course: 2 Course Configuration: same out/ back 1 time  
Elevation (meters above sea level) Start 216 m Finish 216 m Highest 216 m Lowest 204 m  
Straight line distance between start & finish 0 m Drop 0 m/km Separation 0.0%  
Type of Surface: Paved 100% Dirt 0% Gravel 0% Grass 0% Track 0%  
Effective date of certification: Jan. 14, 2018 Certification code: OK18004DG

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***

**2028**

**AS NATIONALLY CERTIFIED BY**

*Don Garrett*

Date : Feb. 2, 2018