

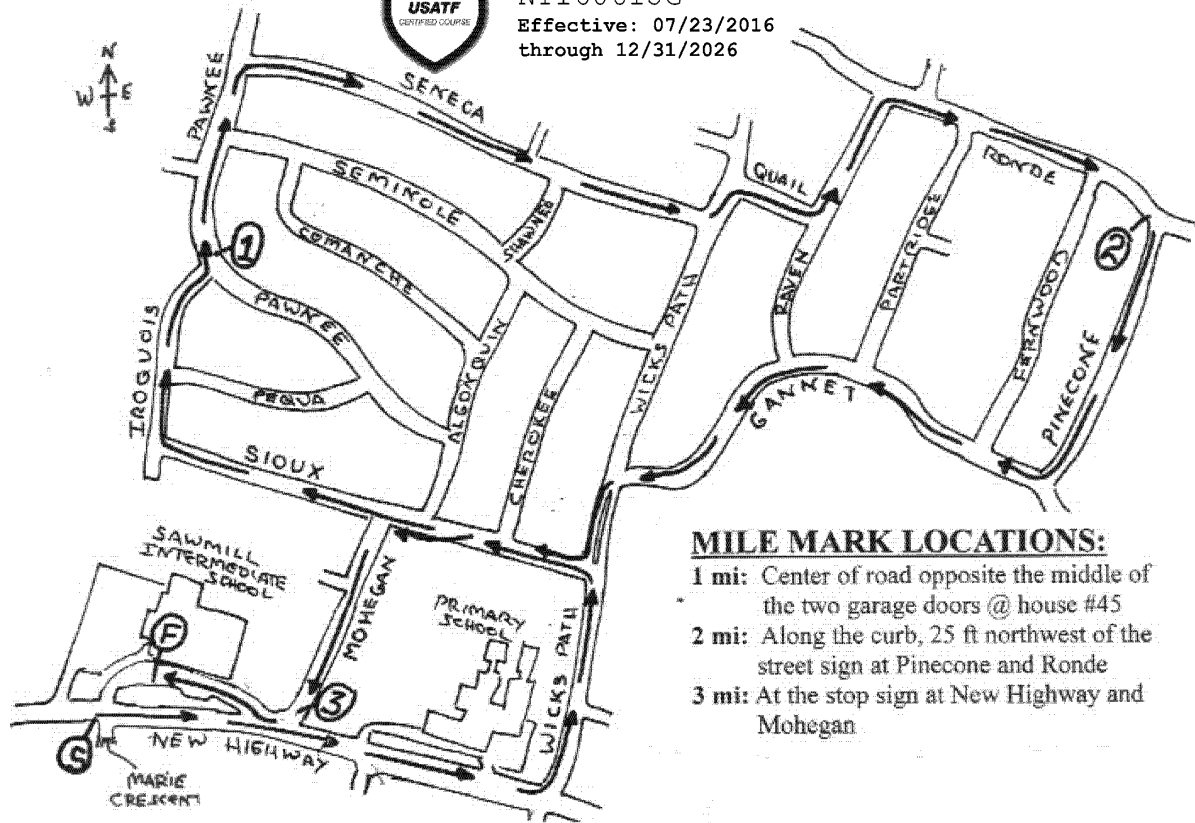
RUN FOR YOUR LIFE 5k - Commack, NY



USATF Certificate

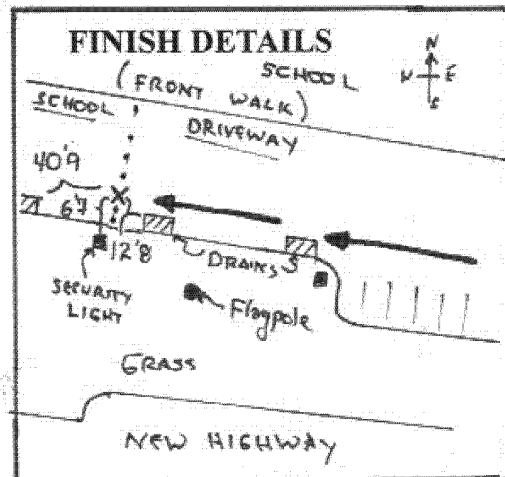
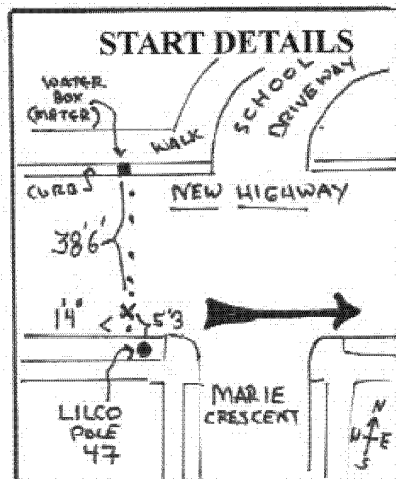
NY16061JG

Effective: 07/23/2016
through 12/31/2026



MILE MARK LOCATIONS:

- 1 mi: Center of road opposite the middle of the two garage doors @ house #45
- 2 mi: Along the curb, 25 ft northwest of the street sign at Pinecone and Ronde
- 3 mi: At the stop sign at New Highway and Mohegan



Measured by G. Westerfield 07/12/2016
garywesterfield@verizon.net 631-834-9340



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



Name of the course Run For Your Life 5K Distance 5 km
Location (state) NY (city) Commack
Type of course: road race ☒ calibration course ☐ track ☐
Measuring methods: bicycle ☒ steel tape ☐ electronic distance meter ☐
Measured by (name, address, phone & e-mail) Gary Westerfield, 350 Old Willets Path, Smithtown, NY 11787;
631-834-9340; garywesterfield@verizon.net
Race contact (name, address, phone & e-mail) Matthew Arpino, Commack Volunteer Ambulance Corps,
200 Burr Rd, Commack, NY 11743; 631-672-2660; marpino@commackambulance.org
Date(s) when course measured: July 12, 2016
Number of measurements of entire course: 2 Course Configuration: keyhole
Elevation (meters above sea level) Start 49.1 Finish 48.2 Highest 49.1 Lowest 36.6
Straight line distance between start & finish 89.0 m Drop 0.18 m/km Separation 1.8 %
Type of surface: paved 100 % dirt - % gravel - % grass - % track - %
Effective date of certification: July 23, 2016 Certification code: NY16061JG

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 **2026**

AS NATIONALLY CERTIFIED BY:

Digitally signed by James A. Gilmer
DN: cn=James A. Gilmer, o=NY Regional Certifier,
ou, email=jim.gilmer@gmail.com, c=US
Date: 2016.07.23 20:42:30 -04'00'

Date: July 23, 2016

James A. Gilmer, USATF/RRTC Certifier • 232 Van Wies Point Rd., Glenmont, NY 12077-4222
Phone: 518-852-3562 • Email: jim.gilmer@gmail.com