



START • FINISH • MILE MARKERS

Start

W Bound Main Street

7'9" S of Yellow Fire Hydrant

24'4" W of 'Skidmore House' Sign

Finish

S Bound Norwood Ave

13'5" N of Pole #2

21'3" S of 'Center + Norwood' Post

Mile 1

S Bound (154) Waterside Ave

Directly across from Pole #36

Mile 2

W Bound (589) Main St

6'1" W Corner Driveway

Mile 3

S Bound (44) Norwood Ave

10'11" N of Pole 4-40



USATF Certificate

NY17001JG

Effective: 01/31/2016
through 12/31/2027



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



Name of the course Run for the Health of It 5K Distance 5 km
Location (state) NY (city) Northport
Type of course: road race ☒ calibration course ☐ track ☐
Measuring methods: bicycle ☒ steel tape ☐ electronic distance meter ☐
Measured by (name, address, phone & e-mail) Brendan Dagan, 170 Wood Rd, Centereach, NY 11720;
207-209-0620; thetimecrew@elitefeats.com
Race contact (name, address, phone & e-mail) Barbara Sorelle, 505 Main St, Northport NY 11768;
631-930-9310; bsorelle@visitingnurseservice.org
Date(s) when course measured: January 20, 2017
Number of measurements of entire course: 2 Course Configuration: keyhole
Elevation (meters above sea level) Start 45.4 Finish 36.0 Highest 48.8 Lowest 24.7
Straight line distance between start & finish 860' Drop 1.89 m/km Separation 5.24 %
Type of surface: paved 100 % dirt - % gravel - % grass - % track - %
Effective date of certification: January 31, 2017 Certification code: NY17001JG

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 **2027**

AS NATIONALLY CERTIFIED BY:

Digitally signed by Jim Gilmer
DN: cn=Jim Gilmer, o=USATF/RRTC, ou=Regional Certifier,
New York, email=jim.gilmer@gmail.com, c=US
Date: 2017.02.01 11:27:16 -0500

Date: February 1, 2017

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