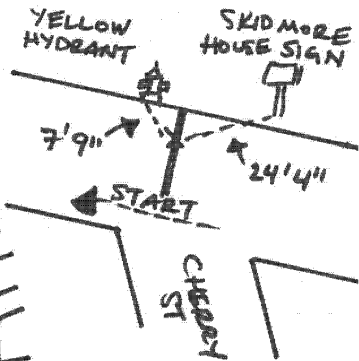


# RUN FOR THE HEALTH OF IT 5K

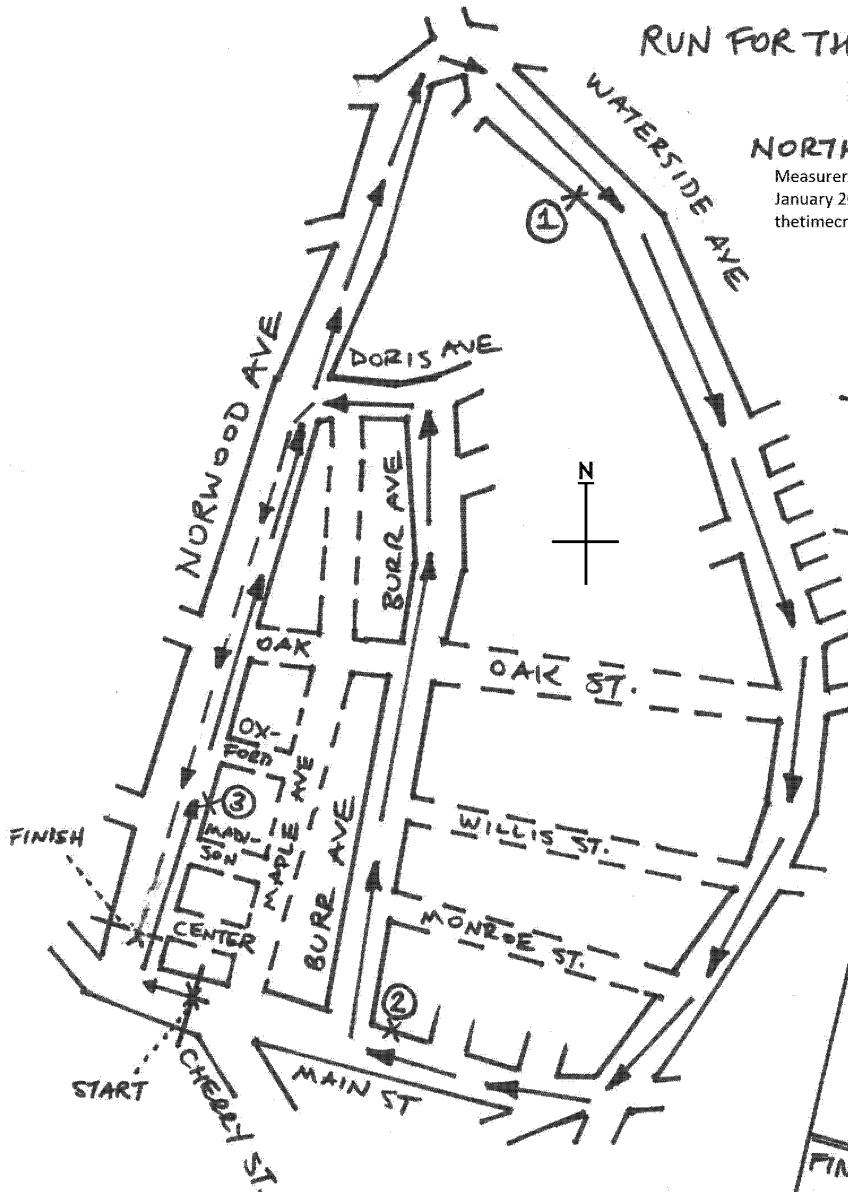
**NORTHPORT, NY**

Measurer: Brendan Dagan  
January 20, 2017  
thetimecrew@elitefeats.com

## START DETAILS



## FINISH DETAILS



### START • FINISH • MILE MARKERS

<b>Start</b>	<b>Mile 1</b>
W Bound Main Street	S Bound (154) Waterside Ave
7'9" S of Yellow Fire Hydrant	Directly across from Pole #36
24'4" W of 'Skidmore House' Sign	<b>Mile 2</b>
<b>Finish</b>	W Bound (589) Main St
S Bound Norwood Ave	6'1" W Corner Driveway
13.5" N of Pole #2	<b>Mile 3</b>
21'3" S of 'Center + Norwood' Post	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

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