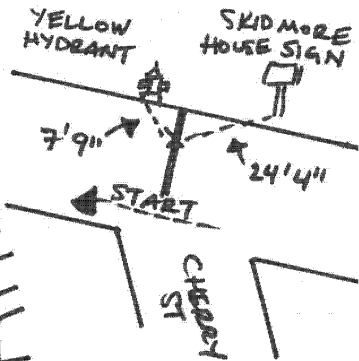


RUN FOR THE HEALTH OF IT 5K

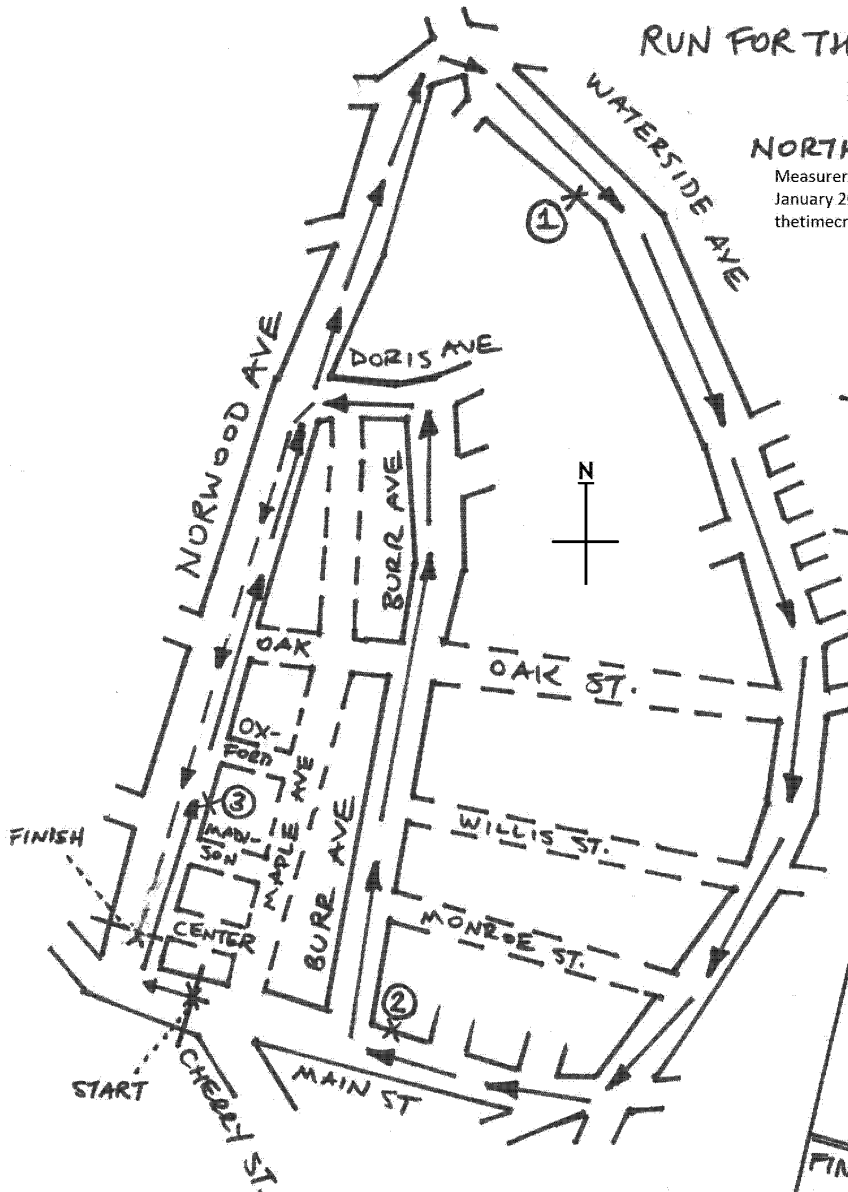
NORTHPORT, NY

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

START DETAILS



FINISH DETAILS



START • FINISH • MILE MARKERS

Start	Mile 1
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	Mile 2
Finish	W Bound (589) Main St
S Bound Norwood Ave	6'1" W Corner Driveway
13.5" N of Pole #2	Mile 3
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