



**USATF Certificate**

NY17013JG

Effective: 04/15/2017  
through 12/31/2027

**LIRRC Fred's 5k**  
**Eisenhower Park**  
**East Meadow, NY**



**MILE MARKS:**

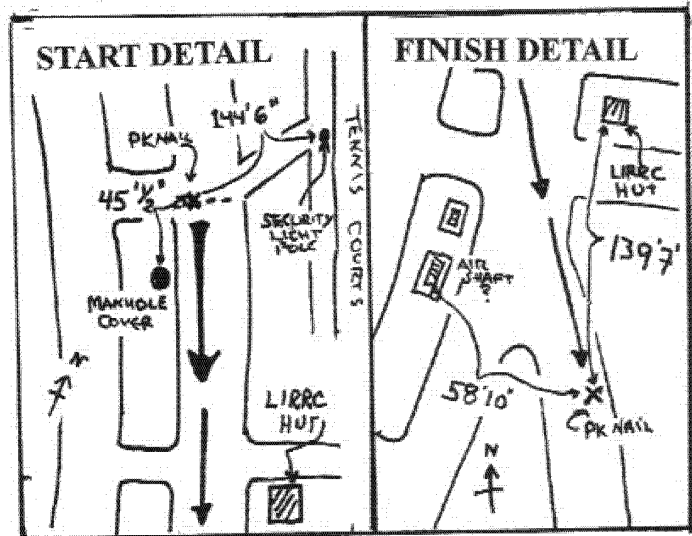
**Start:** Northeast of the Fieldhouse and LIRRC Hut.

**1 mi:** 38 1/2 ft east of lamp post after turn away from LIRRC shed.

**2 mi:** 67 ft north of Walkathon sign north of rest room 4.

**3 mi:** 170 1/2 ft north of the start.

**Finish:** South of Fieldhouse of leading away from the Banana Loop.



Measured by G. Westerfield April 11, 2017  
garywesterfield@verizon.net 631-834-9340



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

# *Measurement Certificate*



Name of the course LIRRC Fred's 5K Distance 5 km  
 Location (state) NY (city) East Meadow  
 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) Fred Haslett, c/o LIRRC 176 Brown St, Mineola, NY 11501;  
516-313-8633; fredhas@verizon.net  
 Date(s) when course measured: April 11, 2017  
 Number of measurements of entire course: 2 Course Configuration: complex of loops  
 Elevation (meters above sea level) Start 25.9 Finish 25.3 Highest 27.1 Lowest 23.8  
 Straight line distance between start & finish 119.1 m Drop 0.12 m/km Separation 2.38 %  
 Type of surface: paved 100 % dirt - % gravel - % grass - % track - %  
 Effective date of certification: April 15, 2017 Certification code: NY17013JG

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 James A. Gilmer  
 DN: cn=James A. Gilmer, o=NY Regional Certifier,  
 ou, email=jim.gilmer@gmail.com, c=US  
 Date: 2017.04.16 08:00:48 -0400

Date: April 16, 2017

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