

Three Forks Harbor 5k Muskogee, OK – 5,000 Meters

Measured by: Martin Updike, :40 Race Service Measured on 3/8/2019
918-577-1956, martin@40raceservice.com

USATF Certification
OK19012DG

Effective Dates
Mar 13, 2019 to
Dec 31, 2029



Elevations:
Start: 156 m Finish: 156 m
Low: 153 m High: 156 m

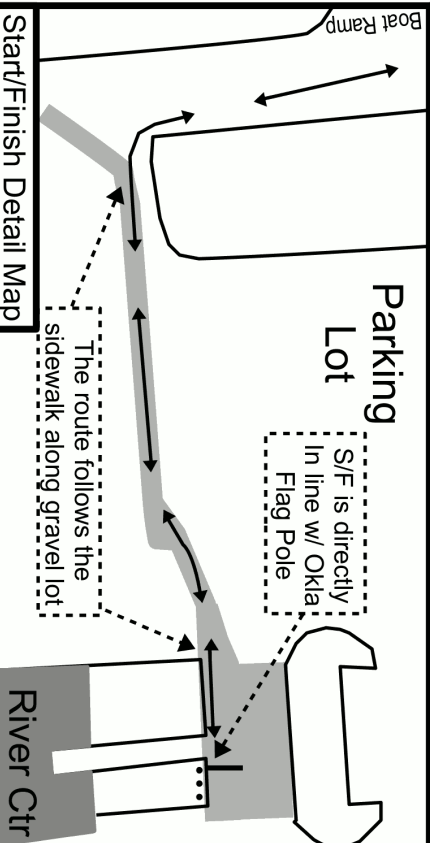
Race Contact: Brian Ousley w/
Strictly Fitness - 918-683-2639
fitness0323@yahoo.com

2.5 k Turn Detail Map

Turn is 36.5 m
W of the traffic
light warning
signs on HWY

HWY 62

Three Forks Rd



Route was measured
Staying along south
Side of road each direction:

Arkansas River

The Harbor

Railroad Tracks

1k/4k: 24 m E
of the first RxR
sign on the S
side of the Rd.

OG&E Entrance Rd

HWY 62

21st St N

Three Forks Rd

2k/3k: 60 m E
of the Three
Forks Harbor
directional sign
at the Hwy Exit

Turn

Cherokee
Casino

Georgetown Rd





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



Name of course: Three Forks Harbor 5K Distance: 5 km
Location : (state) Oklahoma (city) Muskogee
Type of course : road race ☒ calibration course ☐
Measuring method : bicycle ☒ steel tape ☐ electronic distance meter ☐
Measured by (name, address, phone & e-mail) Martin Updike 321 Langton Rd., Ft. Gibson, OK 74434
918-577-1556 martin@i40raceservice.com
Race Contact (name, address, phone & email) Brian Ousley 336 East Side Blvd., Muskogee, OK 74403
918-683*2639 fitness0323@yahoo.com
Date(s) when course measured: Mar. 08, 2019
Number of measurements of entire course: 2 Course Configuration: same out/ back 1 time
Elevation (meters above sea level) Start 156 m Finish 156 m Highest 156 m Lowest 153 m
Straight line distance between start & finish 0 m Drop 0 m/km Separation 0.0%
Type of Surface: Paved 100% Dirt 0% Gravel 0% Grass 0% Track 0%
Effective date of certification: Mar. 13, 2019 Certification code: OK19012DG

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

2029

AS NATIONALLY CERTIFIED BY

Don Garrett

Date : Mar. 15, 2019

Don Garrett- USATF/RRTC Certifier - 12120 Hickory Creek Blvd., Oklahoma City, OK 73170 405-850-5834
garrettok@aol.com