



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



Name of the course Run 4 Beigel 5k Distance 5 km
 Location (state) NY (city) East Islip
 Type of course: Road Race
 Measuring Methods: Bicycle
 Measured By Gary Westerfield - 350 Old Willets Path - Smithtown, NY 11787 - (631) 834-9340 - garywesterfield@verizon.n
 Race Contact John McHugh - 631-806-4649 - strongislandrunningclub@yahoo.com
 Date(s) when course measured: 09/18/2023
 Number of measurements of entire course: 2 Course Configuration: partial loop
 Elevation (meters above sea level) Start 1.00 Finish 1.00 Lowest 1 Highest 1
 Straight line distance between start and finish 30.22 m Drop 0.00 m/km Separation 0.60 %
 Type of surface: Paved 100 % Dirt 0 % Gravel 0 % Grass 0 % Track 0 %
 Effective date of certification: October 12, 2023 Certification code: NY23078DNB

Note 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.

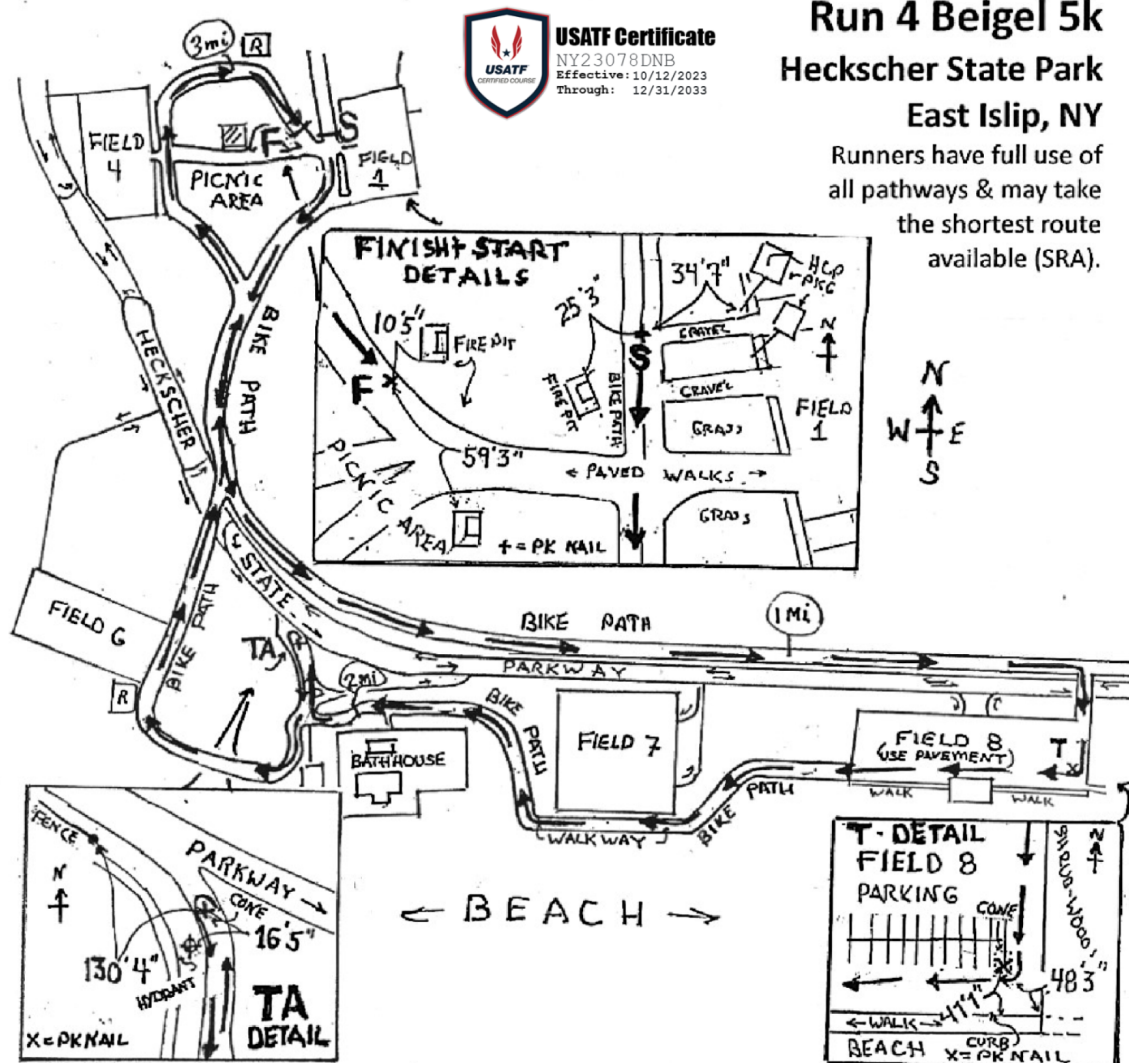
Verification of Course --- In the event a National Open Record is set on the course, or at the discretion of USA Track & Field, a verification measurement may be required to be performed by a member of the Road Running Technical Council. If such a remeasurement shows the course to be short, then all pending records will be rejected and the course certification will be cancelled.

This certification expires on December 31 of the year: **2033**

AS NATIONALLY CERTIFIED BY:

Date: October 13, 2023

Diana Bean - USATF/RRTC Certifier - 180 W. Lake Road, Brackney PA 18812
(607) 240-9858 - dbean0120@gmail.com



Run 4 Beigel 5k Heckscher State Park East Islip, NY

Runners have full use of all pathways & may take the shortest route available (SRA).

Course Narrative:

Start: Marked with PK nail & a white "+" in the center of the Heckscher S.P. Bike Path, 34'7" W of N Hcp Pkg sign at Field 1 entrance & 25'3" NE of fire pit N of picnic area interior walkway. Run S, SW, S, SE & then E on Bike Path. Pass **1mi:** 35.5' E of the SE corner to the brick platform at the C. Verschoore memorial bench. Continue E to parkway crossover. Turn S into Field 8 parking. Run S to **T:** a 90° turn, marked by PK nail & white "X" (Place cone on nail), 41'1" N of curb & 48'3" NW of E end of curb. Round cone & turn W across Field 8 parking lot (not on sidewalk) to Bike Path at W end. Continue W on Bike Path passing Field 7 using walkway (part of the Bike Path.) Resume Bike Path at W end of Field 7. Turn N & W. Pass **2 mi:** at Par Course incline body curl board, S of the bus stop. Turn N onto Bathhouse driveway towards parkway. Make a 180° counter clockwise **TA (Turnaround):** at cone placed on PK nail marked by white "X"; 16'5" NE of fire hydrant & 130'4" SE of last fence post along parkway. Run S, veering W & then S on Bike Path. Turn W, NW & N on Bike Path. Cross parkway. Run on Bike Path N towards picnic area. Take 1st path & turn NW, then N to NE to E on picnic area path. Pass **3mi:** 63'W of blue post to water spigot on S-side of path. Run SE to **Finish:** marked with PK nail on N side of the path, 10'5" SW of fireplace NE of path & 59'3" NW of fireplace S of path.

Measured 09/18/2023 by G.Westerfield AIMS-B (garywesterfield@verizon.net)