



Road Running Technical Council  
USA Track & Field

Measurement Certificate



Name of the course Heckscher State Park 5K for 50K & Marathon Distance 5km

Location (state) NY (city) Great River

Type of course: Road Race

Measuring Methods: Bike

Measured By Gary Westerfield, 350 Old Willets Path, Smithtown, NY, 11787; garywesterfield@verizon.net; 631-834-9340

Race Contact Sue Fitzpatrick, GLIRC, 1010 DuPont St. #24, Plainview, NY, 11803; sue.glirc@gmail.com; 516-349-7646

Date(s) when course measured: 12/22/2019

Number of measurements of entire course: 2 Course Configuration: loop

Elevation (meters above sea level) Start 1.5m Finish 1.5m Lowest 0.3m Highest 1.8m

Straight line distance between start and finish 0m Drop 0 m/km Separation 0 %

Type of surface: Paved 100 % Dirt 0 % Gravel 0 % Grass 0 % Track 0 %

Effective date of certification: January 30, 2020 Certification code: NY20001DNB

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: 2030

AS NATIONALLY CERTIFIED BY:

Date: January 30, 2020

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

393\_map.png



### USATF Certificate

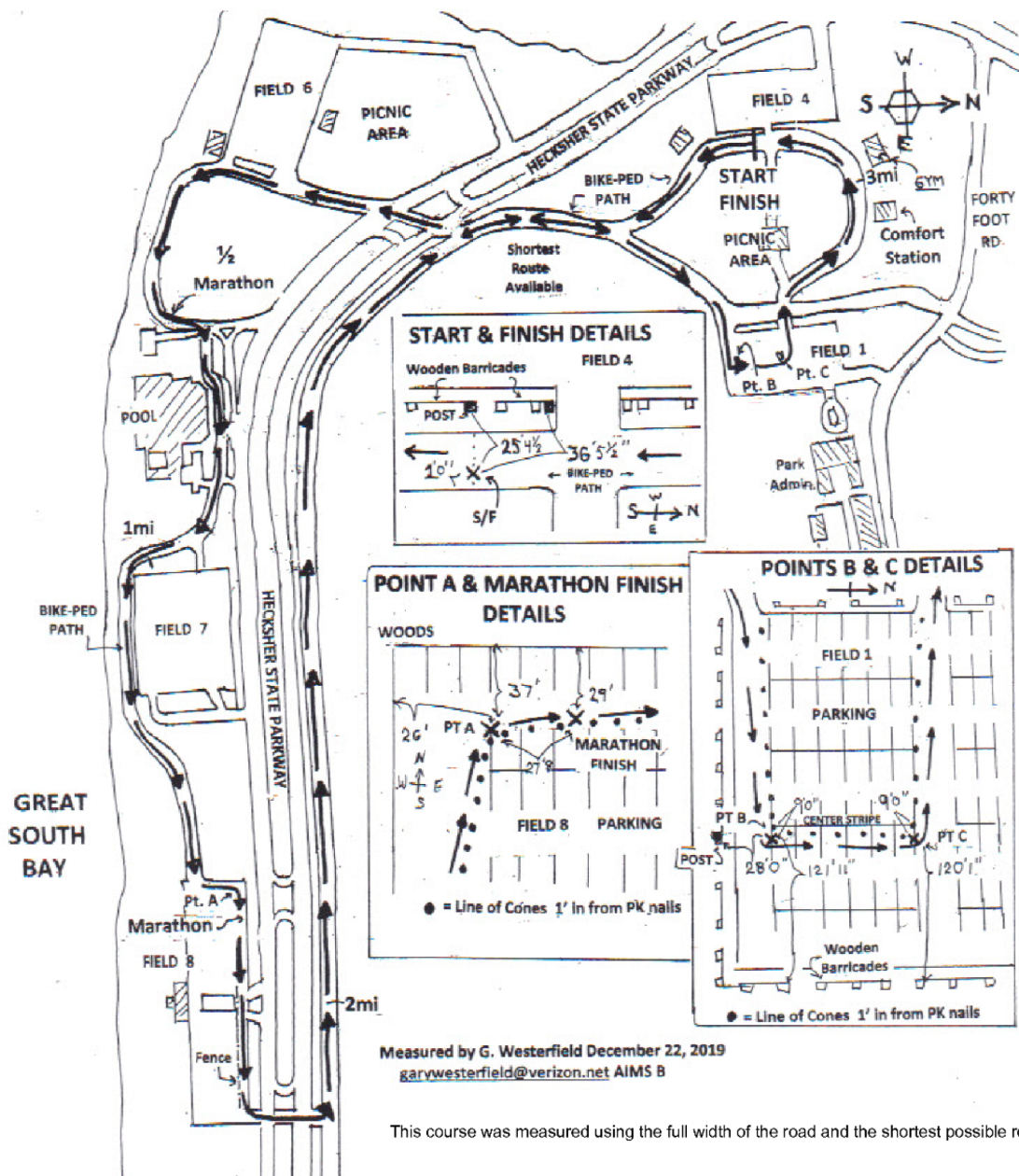
NY20001DNB  
Effective: 01/30/2020  
Through: 12/31/2030

## HECKSCHER STATE PARK 5K FOR 50K & MARATHON

Great River, New York

50k = 10 Circuits

Marathon = 8 Circuits + 2.195k



Measured by G. Westerfield December 22, 2019  
garywesterfield@verizon.net AIMS B

This course was measured using the full width of the road and the shortest possible route.

## **HECKSCHER STATE PARK 5K FOR 50K & MARATHON COURSE NARRATIVE:**

**Introduction:** 5k Circuit is conducted on a paved asphalt bicycle/pedestrian paths within Heckscher State Park. It may be used for races of 5k intervals. The Marathon is certified for use during the 50k. All other split marks are for reference only and are not certified. Turning Points A, B & C are located in paved parking lots and must be coned for accuracy. All certified points are marked with surveyor's PK nails and a white X and were measured with a steel tape.

**Start/Finish:** On path next to Field 4, 25'4 ½" east of the 4<sup>th</sup> wooden barricade post south of the path opening to Field 4 & 36'5 ½" southeast of 1<sup>st</sup> post.

**½ Mar Ref (4<sup>th</sup> circuit + 1097.5m):** On bike path after Field 6 and turn north from the beach, across from a parking lot on the right, in line with northwest corner of closest pool area building.

**1 mi:** East side of the bike path 3' after balance beam with "Health Trail" sign, next to Field 7 before reaching the beach.

**Point A:** After turning north across Field 8 at the northwest corner of the last parking striping delineating the last driving lane; at the northern edge of the last parking stripe; 37' south of the northern edge of pavement and 26' east of the western edge of pavement.

**Marathon (8<sup>th</sup> circuit + 2195m):** In Field 8, 27'8" after (east of) Point A in the 3<sup>rd</sup> parking space and 29' south of the northern pavement edge.

**2mi:** On the bicycle/pedestrian path after (west of) the crossing of Heckscher State Parkway; 62' before (east of) the 1<sup>st</sup> bench on the bike path.

**Point B & C:** A box shaped "bump out" is artificially created in Field 1 delineated by two points in the third parking row; The box is marked with cones 1 ft in from points along the south, east and north sides of the box.

**Point B:** Along the south end of Field 1 parking striping, 9' east of the 3<sup>rd</sup> parking stripe center/cross line 28' north of the wood barricade; 121'11" west of wood barricade at eastern end of Field 1.

**Point C:** Field 1, along the northern end of the first parking area, 9' east of the 3<sup>rd</sup> parking area's center striping line; 120'1" west of wood barricade at eastern end of Field 1.

**3 mi:** After the comfort station, 49' before the rubber pad at the children's climbing gym.