



Road Running Technical Council  
USA Track & Field

Measurement Certificate



Name of the course Mountainside Rescue Squad 5K #2 Distance 5 km

Location (state) NJ (city) Mountainside

Type of course: Road Race

Measuring Methods: Steel Tape & Bicycle

Measured By Matt Slocum, PO Box 3005, Montclair, NJ 07043, matt@precisioncoursedesign.com, 917-725-1709

Race Contact Chief Eric D. Pastore, Mountainside Rescue Squad, mside.ems@gmail.com

Date(s) when course measured: 11/15/2025

Number of measurements of entire course: 2 Course Configuration: point to point

Elevation (meters above sea level) Start 39.00 Finish 40.00 Lowest 27.00 Highest 42.00

Straight line distance between start and finish 194m Drop -0.20 m/km Separation 3.88 %

Type of surface: Paved 77.42% Dirt 22.58% Gravel 0 % Grass 0 % Track 0 %

Effective date of certification: December 4, 2025 Certification code: NJ25045MNS

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: **2035**

AS NATIONALLY CERTIFIED BY:

Date: December 4, 2025

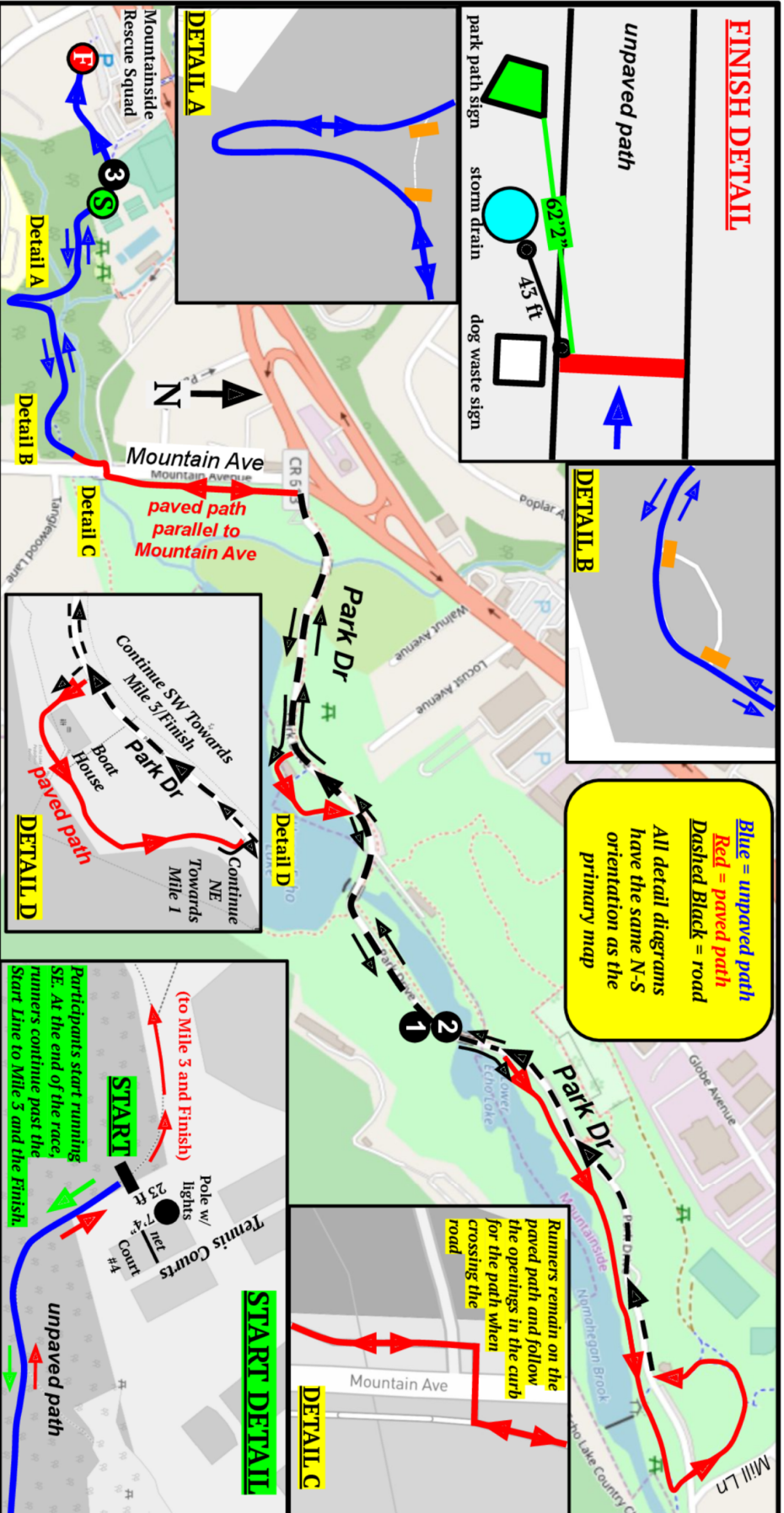
Matt Slocum - USATF/RRTC Certifier - PO Box 3005, Montclair NJ 07043  
(917) 725-1709 - matt@precisioncoursedesign.com



**USATF Certificate**  
 NJ25045MNS  
 Effective: 12/04/2025  
 Through: 12/31/2035

# Mountainside Rescue Squad 5K #2

## Mountainside, New Jersey



Measured by Matthew Slocum | 15 November 2025 | matt@precisioncoursedesign.com | This course was measured using the full width of the road/path and the shortest possible route.

**START:** 40.671512, -74.354361 | On the unpaved path, 7'4" before (N of) the net for Tennis Court #4 (the SW court) and 23 feet past (S of) the center of the wooden pole with the lights attached to it on the N side of Tennis Court #4. **See the Start Detail Diagram** | Mile 1: 40.675381, -74.341602 | On Park Dr, even with the white and red sign which reads "No Parking Anytime" (on the S side of the road/runners' right). Also 47'5" SW of Mile 2. | Mile 2: 40.675509, -74.341484 | On Park Dr, 84 feet past (W of) the trailing (W) edge of the first storm drain after crossing the first (eastern) bridge on the way back to the Start/Finish. | Mile 3: 40.671623, -74.354752 | On the unpaved path, even with the opening to the baseball field near home plate and the dugout on the first base side of the field. | **FINISH:** 40.671351, -74.356649 | On the unpaved path on the S side of the Mountainside Rescue Squad Building. Even with the "Dog Waste" sign on the S edge of the finish line, it is 43 feet direct to the closest edge of the storm drain in the grass and 62'2" direct to the closest edge of the green and yellow park path sign for the "Echo Lake Park Fitness Trail". **See the Finish Detail Diagram.**