

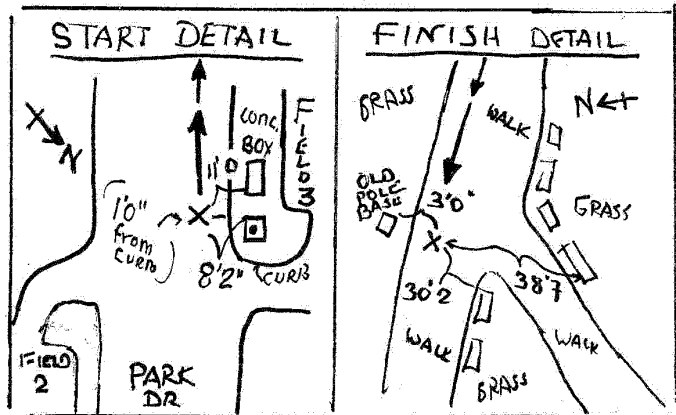
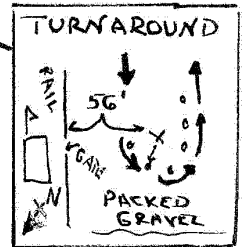
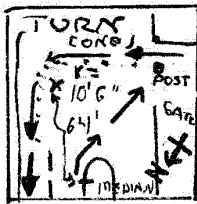
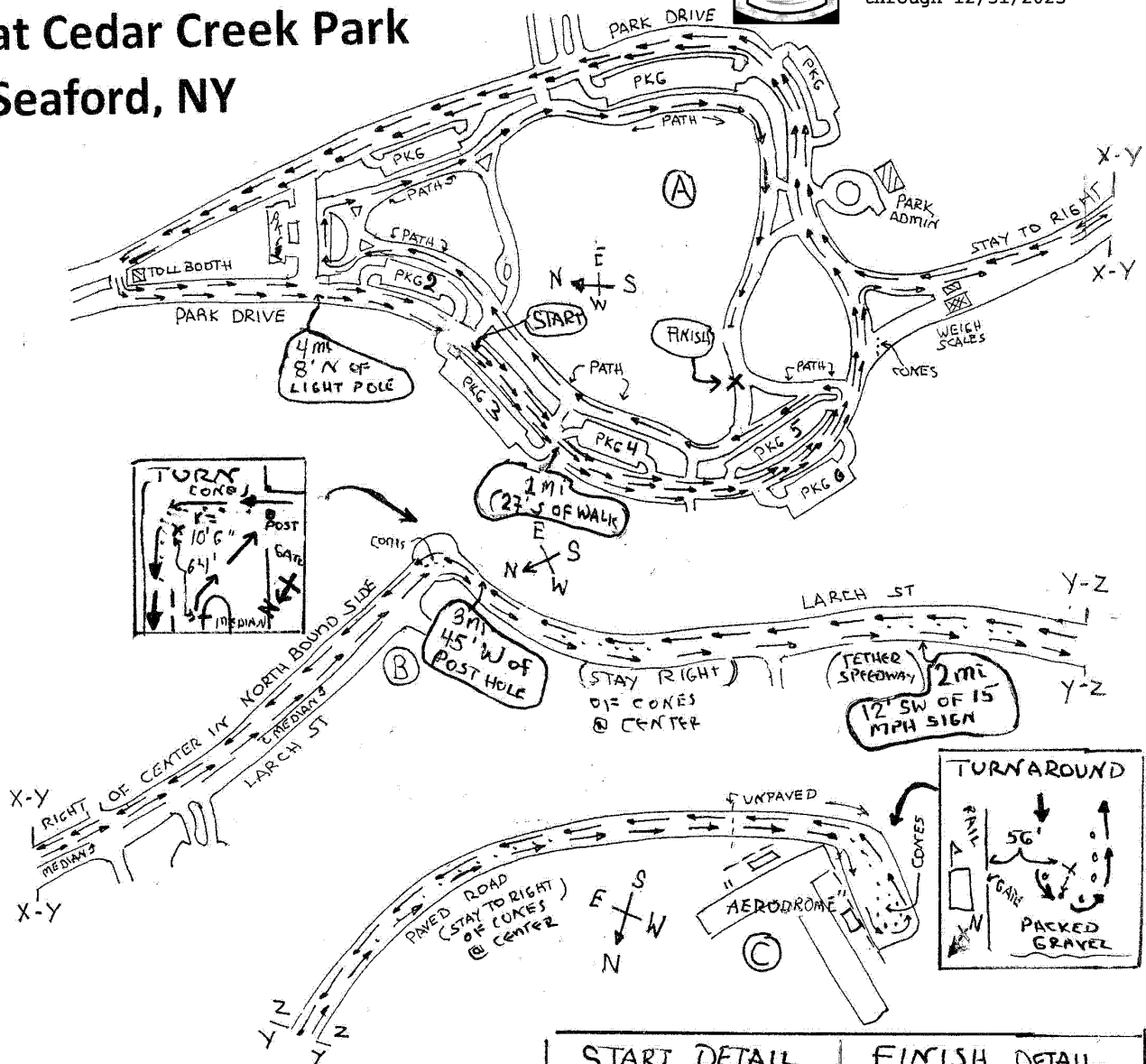
RUN NASSAU 5 MILES at Cedar Creek Park Seaford, NY



USATF Certificate

NY13022JG

Effective: 03/15/2013
through 12/31/2023



COURSE DESCRIPTION:

From START, one counter clockwise circuit of Park Drive (A); pass START; continue to Larch St (B); run in northbound lanes, staying right of center; to turn-around (C) in "aerodrome" parking lot; return to Park Dr (C to B to A); one more counter clockwise circuit of Park Dr; to sidewalk; one clockwise circuit of sidewalk to FINISH (A).

Measured by Gary Westerfield 03/14/13
631-834-9340/garywesterfield@verizon.net

DETAILED DESCRIPTIONS:

RUN NASSAU 5 MILES @ CEDAR CREEK COURSE MARKINGS

START: Marked w/ PK nail & White X-S, 1 ft from the curb, on the west side of the Park Drive just past the entrance to Parking Field #3; specifically: 8'32 from light pole with sign for Field 3 and 11'0" SW of a green concrete utility box.

1 Mile: (Marked w/white "-1mi") After passing start, on the east side of the road in the center of the entrance to Field #4; 27' S of the walkway to the circular path.

Use the East side (Exit to the Weight station side) of the divided "blvd" section of Larch St. Place cones on faded center dashed lines to create coming and going lanes.

Turn from the divided "blvd" to the Aerodrome part of Larch St.: From the median curb run a straight line to the metal, at the center, gate post hole.

Aerodrome Rd.: Place cones at center along paving "line."

2 Miles: On the west side of Larch Rd after the Tether Speedway facility ; 12 ft SW of the 15MPH & No parking sign.

Gravel Road and parking lots: Place cones to mark the outside limit and the center of the path.

Turnaround at the 2nd Aerodrome gravel lot: At the opening to the railing of the structure with a wind sock, measure out 56 feet. From that point, create a turnaround of cones on an 11 foot radius. (Marked w/white dots-not permanent.)

3 Miles: On the East side of Larch St, 45 feet west of the center metal post hole for the gate to the divided roadway. Place cones at the center line to direct runners to the right.

Turn from the aerodrome road and the Divided "blvd" parts of Larch St.: Measure 64 feet south of the last straight curb on the east side of the median. Radius of 10'6" from this point marked with white dots. Place the outside of cones on the dots. Extend the cones on a straight line from to the center gate post hole to the curved radius.

4 Miles: NW side of the park drive just south of the cross road to field #1; specifically 8 Ft NE of an un-numbered light pole.

Finish: Marked with a PK nail and a white X-F on the north side of the path, east of its divide before parking Field #5; 3 ft south of the base for a removed light pole, 30'2" from the NE corner of the first bench on the median/triangle and 38'7" South of the SW corner of the last bench on the outside of the walk.



Road Running Technical Council
USA Track & Field
Measurement Certificate



Name of the course Run Nassau 5 Miles at Cedar Creek Park Distance 5 **mi**

Location (state) NY (city) Seaford

Type of course: road race calibration track Configuration: complex of loops

Type of surface: paved 94 % dirt - % gravel 6 % grass - % track - %

Elevation feet above sea level) Start 9 Finish 11 Highest 29 Lowest 8

Straight line distance between start & finish 229 m Drop -0.08 m/km Separation 2.8 %

Measured by (name, address, phone & e-mail) Gary Westerfield, 350 Old Willets Path,
Smithtown, NY 11787; 631-979-9603; garywesterfield@verizon.net

Race contact (name, address, phone & e-mail) Mike Polansky, c/o GLIRC 101 Dupont St., #24,
Plainview, NY 11803; 516-349-7646; spolansky@aol.com

Measuring Methods: bicycle steel tape electronic distance meter

Number of measurements of entire course: 2 Date(s) when course measured: March 14, 2013

Race date: March 23, 2013 Course certification effective date: March 15, 2013

Certification code: NY13022JG

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 **2023**

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: 2013.03.22 16:56:14 -04'00'

Date: March 20, 2013

James A. Gilmer, USATF/RRTC Regional Certifier, New York | IAAF Grade A Measurer
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