

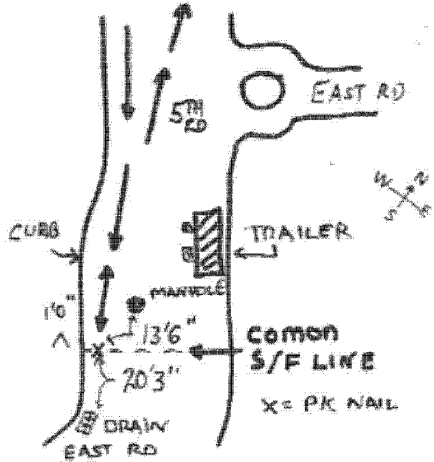
NYCRuns 5k Circuit Roosevelt Island, New York, NY

(Designed to accommodate events of 5km multiples, 5, 10, 15, etc.)

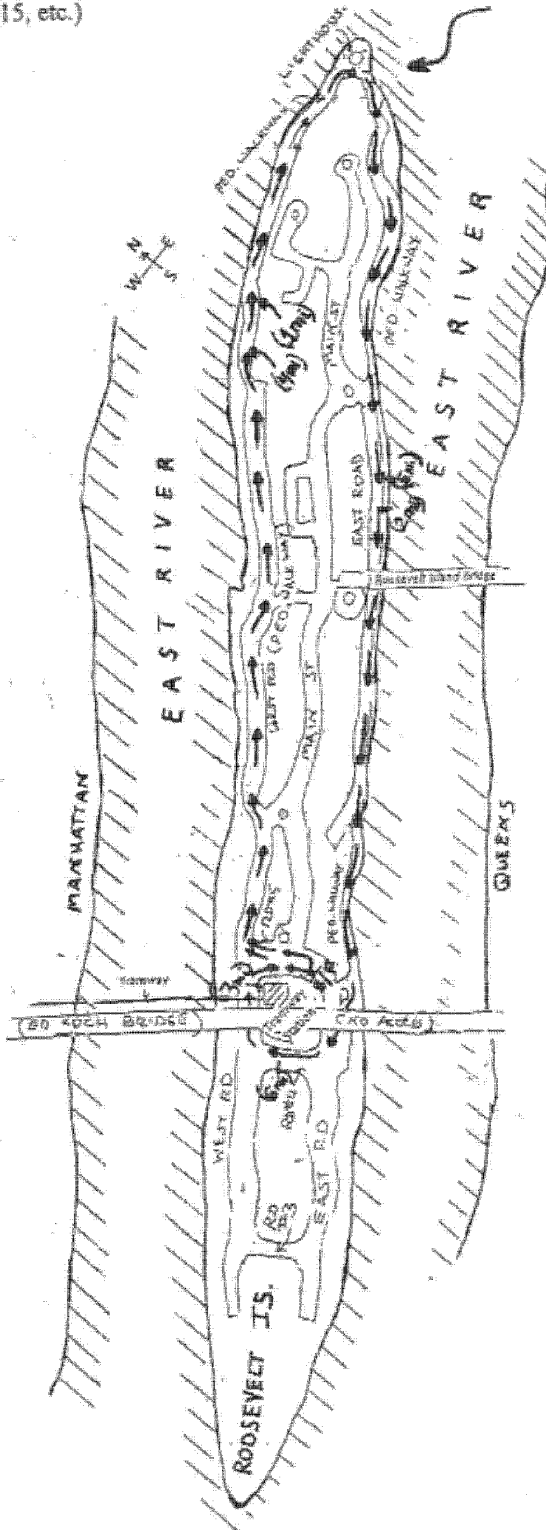
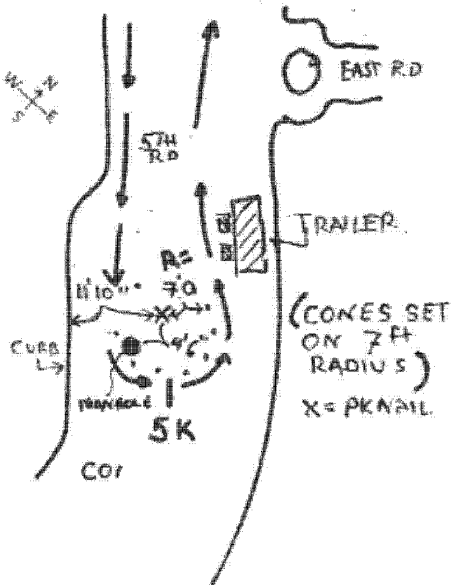
(Runners turn before lighthouse.)

Measured by G. Westerfield 12/18/2014
gary.westerfield@verizon.net: 631-834-9340

START/FINISH DETAILS



5K TURNAROUND DETAILS



USATF Certificate

NY14152JG

Effective: 12/20/2014
through 12/31/2024

NYC Runs 5k Circuit, Roosevelt Island-Start Finish Tail Procedure & Calculations

Course measured using the apex of the turnaround as the start/finish point.

This point is 8 feet from the referenced center of the turnaround plotted at a radius of 7 feet for the location of cones used to delineate the course.

With the radius 8 feet, the circumference of a full circle will be

$$2 \pi r \quad \text{or} \quad 2 \times 3.14159265359 \times 8\text{ft} = 50.27 \text{ feet}$$

One quarter of that distance will equal the setback for a common start/finish line to avoid rounding $\frac{1}{2}$ of the turnaround to reach the finish.

$$50.27 \text{ feet} \times .25 = 12.57 \text{ feet} \quad \text{or} \quad 12 \text{ feet } 6.8 \text{ inches}$$

Start finish point was measured with a steel tape from the center of the circle. PK nail was located next to the curb, at a point in line with the measured point in the center of the road.

NYC RUNS 10K Roosevelt Island. (Two 5k circuits)

Markings occur in the following order

Start: PK nail and white "X" on south side 5th Rd., east of traffic circle and trailer. 1'0" from curb, 20'3" west of a drain on the south side of 5th Rd; prior to turn south under the Koch Bridge.

4 Miles: On the pedestrian walkway, 29' south of ship tie-up statues in walkway; opposite childrens park.

1 Mile: On the pedestrian walkway at the Day Spring Church at the north edge of a NYC Electrical plate, opposite the north edge to the "pier".

5 Miles: On the pedestrian walkway, 5 ft south of the last air shaft before exiting the walkway.

2 Miles: On the roadway, 35 ft south of pole 6ES02, just beyond the north edge of the parking structure to the west.

6 Miles: On north side of 4th Rd, after the boilerplate structure 12 ft west of pole 13SP03.

5k Turnaround: 11'10" north of curb on 5th Rd, 8ft east of a pk nail and white "X" marking the center of the turn radius, 18 ft northwest of the start pk nail and white "X"

10k Finish: Same as the start.



Road Running Technical Council USA Track & Field Measurement Certificate



Name of the course NYC Runs Roosevelt Island 5K Circuit Distance 5 km

Location (state) NY (city) New York

Type of course: road race calibration track Configuration: loop

Type of surface: paved 100 % dirt - % gravel - % grass - % track - %

Elevation (meters above sea level) Start 5 Finish 5 Highest 6 Lowest 0

Straight line distance between start & finish 0.0 Drop 0.0 m/km Separation 0.0 %

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) Steve Lastoe, NYC Runs 223 Jay St. #203, Brooklyn, NY 11201; 917-482-4401; steve@nycruns.com

Measuring Methods: bicycle steel tape electronic distance meter

Number of measurements of entire course: 2 Date(s) when course measured: December 18, 2014

Race date: December 21, 2014 Course certification effective date: December 20, 2014

Certification code: NY14152JG

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 2024

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: 2014.12.20 16:06:01 -05'00'

Date: December 20, 2014

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