



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

# **Measurement Certificate**



Name of the course Sabine Strong 3.3 Distance 3.3 mi  
 Location (state) NH (city) Newington  
 Type of course: Road Race  
 Measuring Methods: Bicycle  
 Measured By Bob Kennedy - 18 Riverview Road - Durham, NH 03824 - (508) 577-4105 - osprey02554@yahoo.com  
 Race Contact Brenda Blonigen - 21 Hannah Lane, Newington, NH 03801 - 603-475-4080  
 Date(s) when course measured: 10/08/2019  
 Number of measurements of entire course: 2 Course Configuration: loop  
 Elevation (meters above sea level) Start 35.00 Finish 35.00 Lowest 12 Highest 35  
 Straight line distance between start and finish 0.0 m Drop 0.00 m/km Separation 0.00 %  
 Type of surface: Paved 100 % Dirt 0 % Gravel 0 % Grass 0 % Track 0 %  
 Effective date of certification: October 11, 2019 Certification code: NH19013BK

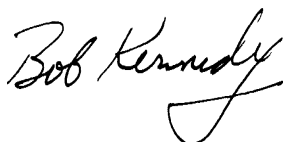
Note to Race Director: Use this Certification Code in all public announcements relating to your race.

## ***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:*** **2029**



**AS NATIONALLY CERTIFIED BY:**

Date: October 11, 2019

Bob Kennedy - USATF/RRTC Certifier - 18 Riverview Road, Durham NH 03824  
 (508) 577-4105 - osprey02554@yahoo.com

# Sabine Strong 3.3

(3.29958 miles)  
Newington, New Hampshire



**USATF Certificate**

NH19013BK  
Effective: 10/11/2019  
Through: 12/31/2029

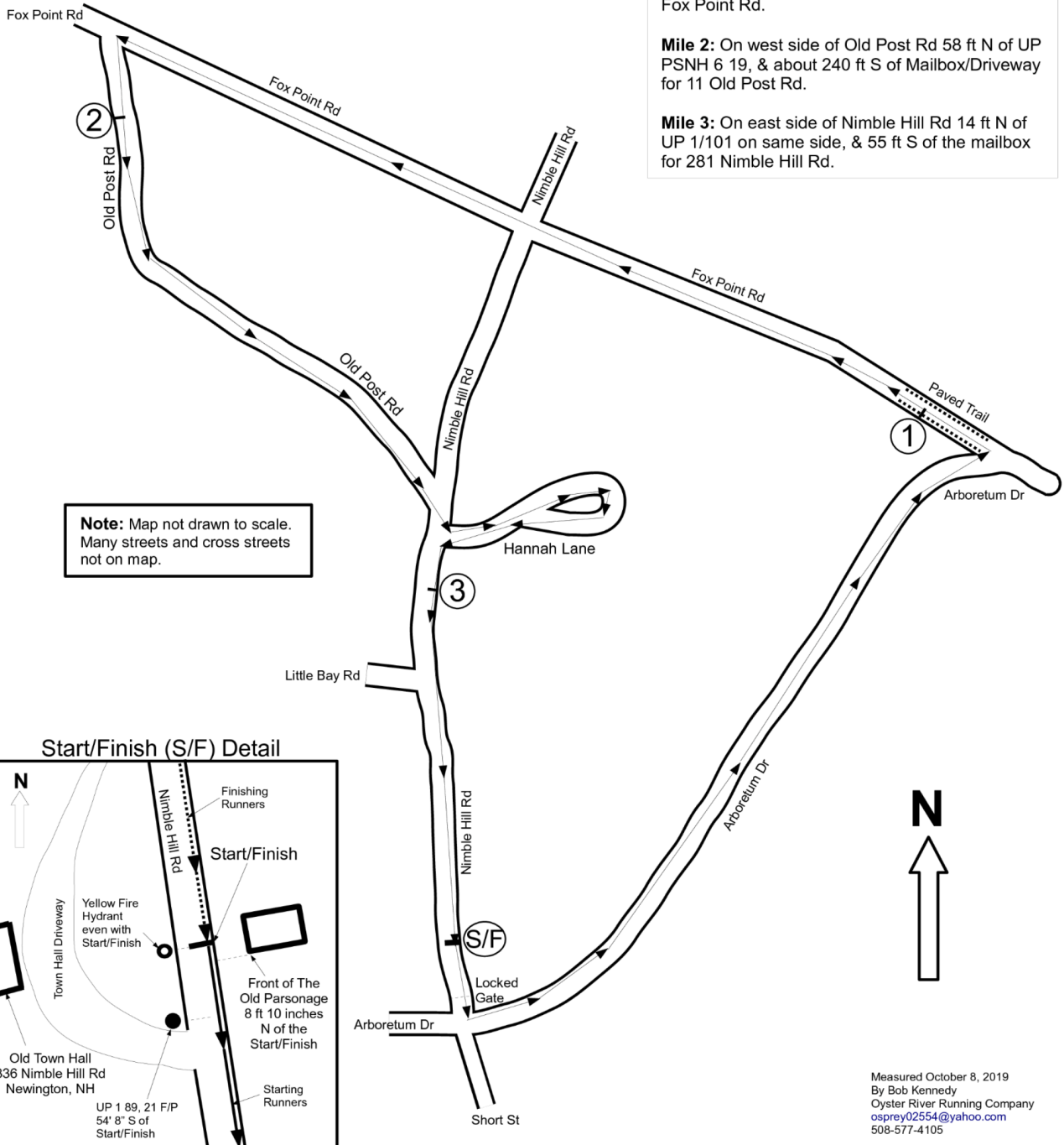
Start/Finish & Miles are marked with a single P-K Nail and Blue Paint (UP = Utility Pole).

**Start/Finish:** On east side of Nimble Hill Road even with a yellow Fire Hydrant on opposite side in front of the Old Town Hall (336 Nimble Hill Rd), 8 ft 10 inches N of the front of The Old Parsonage, & 54 ft 8 inches N of UP 1 89, 21 F/P on opposite side

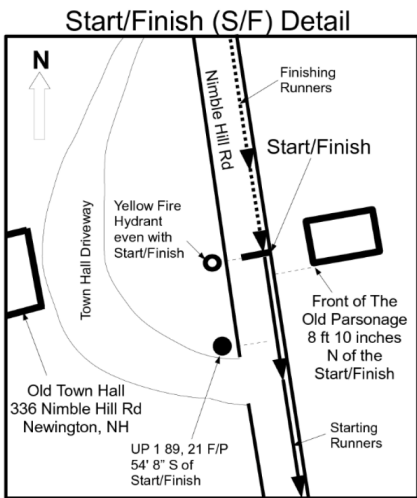
**Mile 1:** On south side of the paved trail between Fox Point Rd and Arboretum Dr 169 ft 6 inches E of the 3 pole barrier at the beginning of the trail at Fox Point Rd.

**Mile 2:** On west side of Old Post Rd 58 ft N of UP PSNH 6 19, & about 240 ft S of Mailbox/Driveway for 11 Old Post Rd.

**Mile 3:** On east side of Nimble Hill Rd 14 ft N of UP 1/101 on same side, & 55 ft S of the mailbox for 281 Nimble Hill Rd.



**Note:** Map not drawn to scale. Many streets and cross streets not on map.



Measured October 8, 2019  
By Bob Kennedy  
Oyster River Running Company  
osprey02554@yahoo.com  
508-577-4105