



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



Name of the course GMAA Pump It Up 5 Miler Distance 5 mi  
Location (state) VT (city) Jericho  
Type of course: Road Race  
Measuring Methods: Bicycle  
Measured By Steven Eustis - 18 Wilkinson Drive - Essex Junction, VT 05452 - (802) 662-0078 - eustis1970@comcast.net  
Race Contact GMAA - PO Box 194, Essex Junction, VT 05453 - pumpitup@gmaa.run  
Date(s) when course measured: 11/04/2023  
Number of measurements of entire course: 2 Course Configuration: same out/back  
Elevation (meters above sea level) Start 188.98 Finish 188.98 Lowest 182.88 Highest 222.5  
Straight line distance between start and finish 0 m Drop 0.00 m/km Separation 0.00 %  
Type of surface: Paved 0 % Dirt 0 % Gravel 100 % Grass 0 % Track 0 %  
Effective date of certification: May 9, 2024 Certification code: VT24001JK

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:*** **2034**

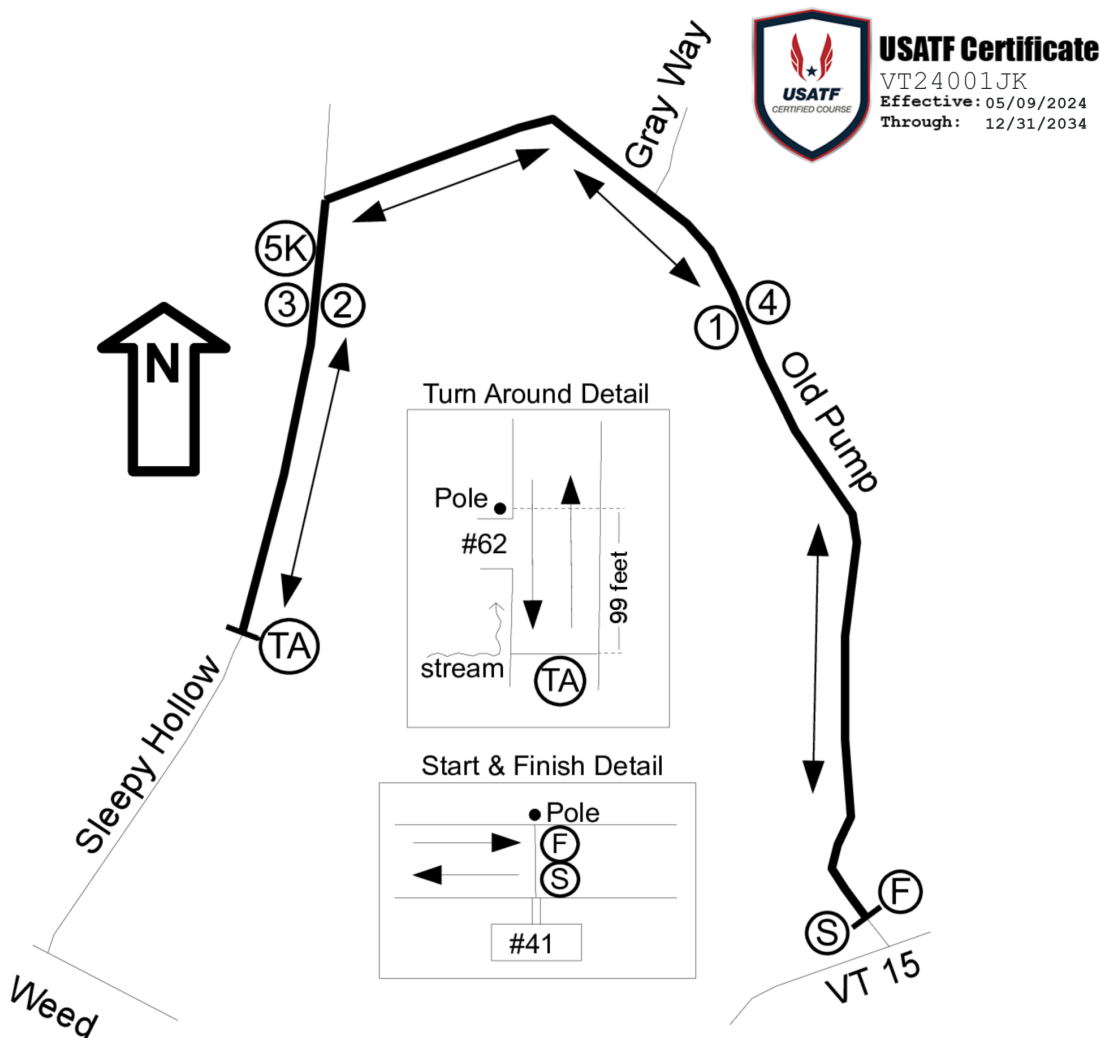
**AS NATIONALLY CERTIFIED BY:**

Date: May 10, 2024

Justin Kuo - USATF/RRTC Certifier - 39 Oakland Rd, Brookline MA 02445  
(617) 487-4463 - jkuo+certifier@usatfne.org

GMAA Pump It Up 5 Miler  
Jericho, VT

**Start/Finish:** #41 Old Pump Road – front door and sidewalk; at utility pole #36/2  
**Mile 1/4:** #1068 + 1070 Old Pump Road – just east of shared driveway; 18 feet east of utility pole #26-3/29  
**5Km:** 10 feet north of where power lines cross Sleepy Hollow Road just south of Old Pump Road; utility pole west of road (and set back) #30/15A/22-1  
**Mile 2/3:** #113 Sleepy Hollow Road – 5 feet north of corner of garage that is closest to the road (garage is at a 45 degree angle to the road)  
**Mile 2.5/Turn Around:** #62 Sleepy Hollow Road – 99 feet south of utility pole #30/23B1/1/34 (pole is at north edge of driveway); where an east flowing stream intersects the road



Measured by  
Steven Eustis  
November 4, 2023  
eustis1970@comcast.net

Unless otherwise noted, runners can use  
the entire width of all roads and paths in  
order to follow the shortest possible route.