



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



Name of the course White Meadow Lake 5K Distance 5 km  
Location (state) NJ (city) Rockaway  
Type of course: Road Race  
Measuring Methods: Bicycle  
Measured By Ross Mistretta - 96 Carol Place - Wayne, NJ 07470 - (917) 597-5857 - rmistret@gmail.com  
Race Contact WMLCH c/o I. Horowitz - 100 White Meadow Rd. Rockaway, NJ 07866 - 973-229-0087 - ilene@ilenehorowitz.  
Date(s) when course measured: 06/08/2024  
Number of measurements of entire course: 2 Course Configuration: partial loop  
Elevation (meters above sea level) Start 232.87 Finish 227.99 Lowest 227.99 Highest 284.07  
Straight line distance between start and finish 229.82 m Drop 0.98 m/km Separation 4.60 %  
Type of surface: Paved 100 % Dirt 0 % Gravel 0 % Grass 0 % Track 0 %  
Effective date of certification: June 10, 2024 Certification code: NJ24033JLW

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: June 14, 2024

Jack Werbler - USATF/RRTC Certifier - 19 Amagansett Drive, Morganville NJ 07751  
(908) 692-6686 - jwerb@optonline.net

# White Meadow Lake 5K

Rockaway, NJ - Course Map

THE FOLLOWING MARKS ARE DESCRIBED RELATIVE TO THE RUNNING DIRECTION.

**START:** Facing North on North Lake Shore Drive just past the White Meadow Rd intersection. 56ft North of Utility Pole 1221RT (at intersection). Start is **INLINE** with the **CENTER** of Northern end of the circular driveway at #2 North Lake Shore Dr.

**MILE 1:** Facing SouthWest on West Lake Shore Dr 108.875ft **AFTER** Utility Pole 1883RT & 83.34 ft **BEFORE** Utility Pole 1884RT.

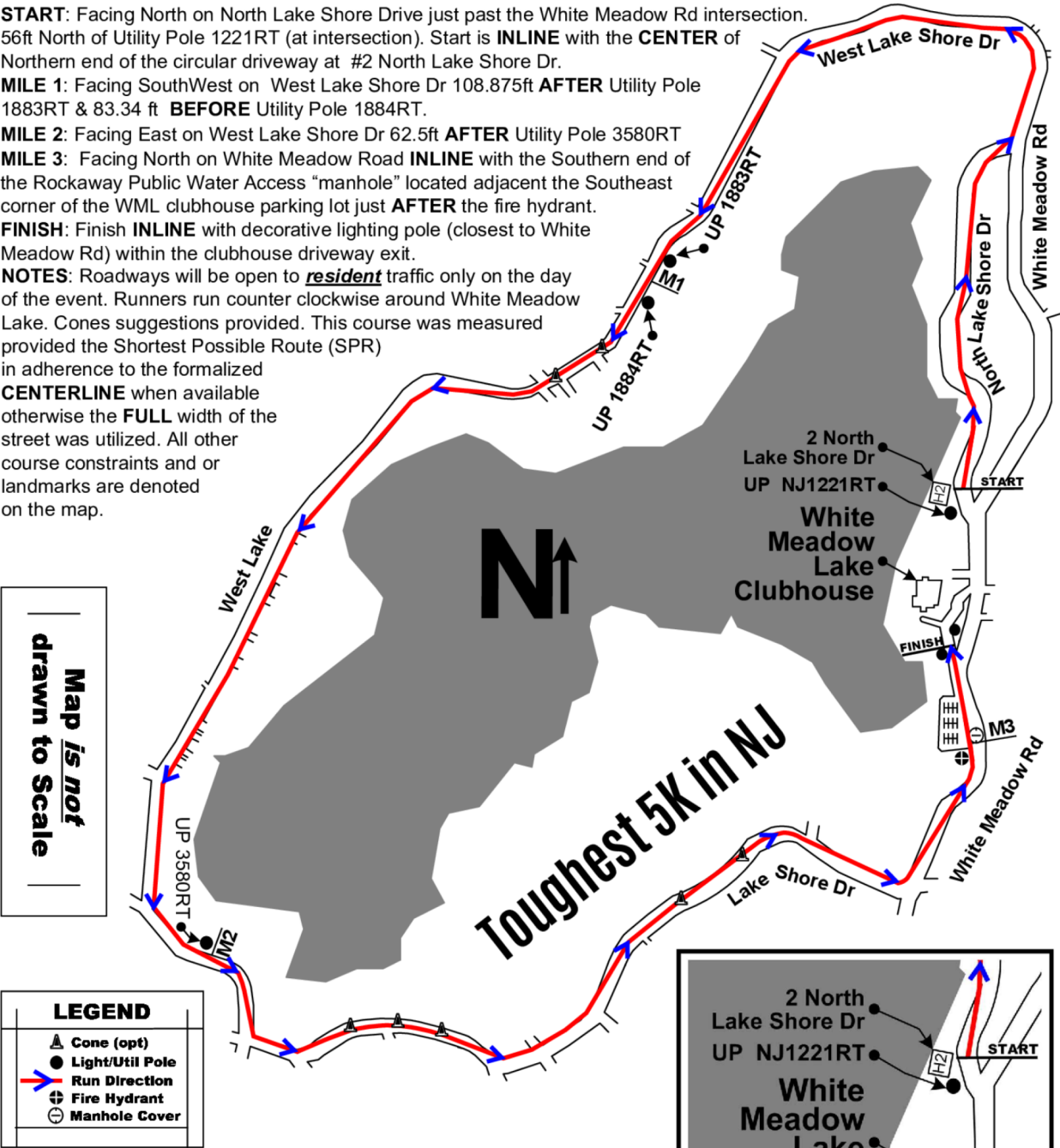
**MILE 2:** Facing East on West Lake Shore Dr 62.5ft **AFTER** Utility Pole 3580RT

**MILE 3:** Facing North on White Meadow Road **INLINE** with the Southern end of the Rockaway Public Water Access “manhole” located adjacent the Southeast corner of the WML clubhouse parking lot just **AFTER** the fire hydrant.

**FINISH:** Finish **INLINE** with decorative lighting pole (closest to White Meadow Rd) within the clubhouse driveway exit.

**NOTES:** Roadways will be open to resident traffic only on the day of the event. Runners run counter clockwise around White Meadow Lake. Cones suggestions provided. This course was measured provided the Shortest Possible Route (SPR) in adherence to the formalized

**CENTERLINE** when available otherwise the **FULL** width of the street was utilized. All other course constraints and or landmarks are denoted on the map.



LEGEND	
	Cone (opt)
	Light/Util Pole
	Run Direction
	Fire Hydrant
	Manhole Cover

Measured: 6-8-2024	
Measurer:	Ross Mistretta
Phone:	917-597-5857
Email:	rmistret@gmail.com



**USATF Certificate**  
NJ24033JLW  
Effective: 06/10/2024  
Through: 12/31/2034

