



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

# **Measurement Certificate**



Name of the course Commack Ambulance 5k Distance 5 km

Location (state) NY (city) Commack

Type of course: Road Race

Measuring Methods: Bicycle

Measured By Gary Westerfield - 350 Old Willets Path - Smithtown, NY 11787 - (631) 834-9340 - garywesterfield@verizon.n

Race Contact Dominic Pultorak - CVAC, 200 Burr Rd, Commack, NY - dpultorak@commackambulance.org

Date(s) when course measured: 04/30/2024

Number of measurements of entire course: 2 Course Configuration: loop

Elevation (meters above sea level) Start 53.00 Finish 54.00 Lowest 45 Highest 56

Straight line distance between start and finish 126.70 m Drop -0.20 m/km Separation 2.53 %

Type of surface: Paved 100 % Dirt 0 % Gravel 0 % Grass 0 % Track 0 %

Effective date of certification: July 7, 2024 Certification code: NY24027DNB

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: July 9, 2024

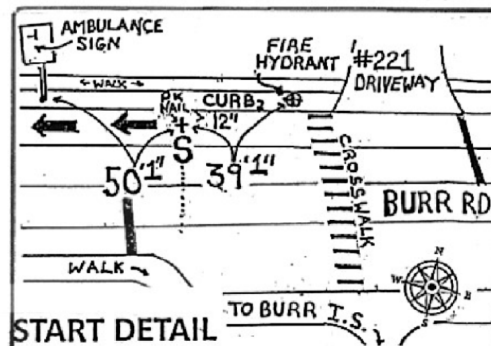
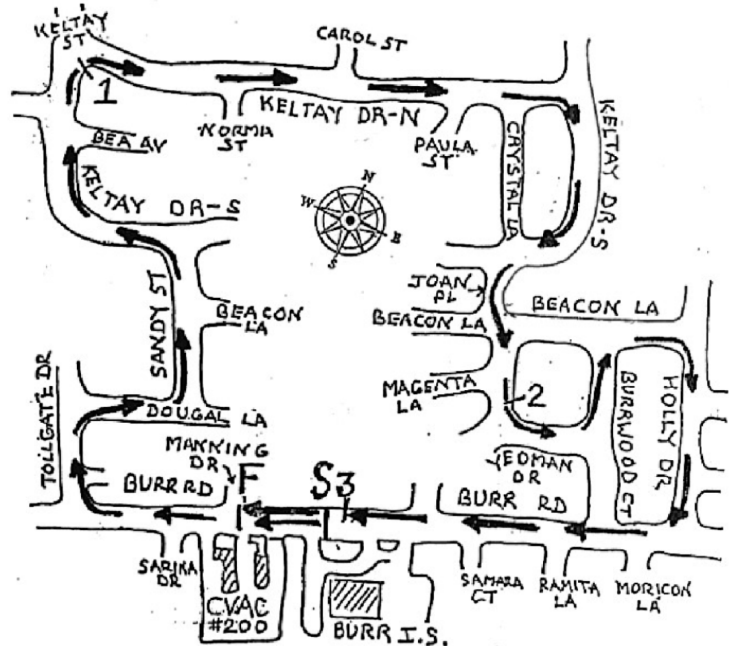
Diana Bean - USATF/RRTC Certifier - 180 W. Lake Road, Brackney PA 18812  
(607) 240-9858 - dbean0120@gmail.com

# COMMACK AMBULANCE 5K "Run For Your Life" Commack, NY



**USATF Certificate**  
NY24027DNB  
Effective: 07/07/2024  
Through: 12/31/2034

**COURSE NARRATIVE:** On the roads in the residential area of Commack, N of Burr Rd. Runners have full use of all roads & may take the shortest route available.  
**START:** Marked with a PK nail & white "+" 12" S of the N curb of Burr Rd, 39'1" W of the fire hydrant at the crosswalk W of house #221 & 50'1" E of Ambulance sign post. Run W, past the finish & the Commack Ambulance Corps (CVAC) building. Turn right (N) on Tollgate Dr, right (E) on Dougal La, left (N) on Sandy St & left (W), to N on Keltay Dr. South. Pass 1 Mile on E-side opposite the mailbox at #4 Keltay Dr N. Run E on Keltay Dr N to end. Turn right (S) on Keltay Dr S. Veer onto Joan Pl. Cross Beacon La, running S onto Cendry La. Pass 2 Miles on E-side of Cendry, 30ft S of mailbox at #4. Turn Left (E) on Yeoman Dr. Turn left (N) on Burrwood Ct, right (E) on Beacon La, right (S) on Holly Dr & right (W) on Burr Rd. Pass 3 Miles on N-side of Burr Rd, 3ft W of front door to #223. Run to the Finish in front of CVAC. **FINISH** marked with a PK nail & white "+" in the intersection with Manning Dr, 35'0" N of the second light pole on the S-side & 46'1" SE of the Manning & Burr street sign.



Measured by G. Westerfield  
[garywesterfield@verizon.net](mailto:garywesterfield@verizon.net)  
 AIMS/WA B Measurer  
 04/30/2024