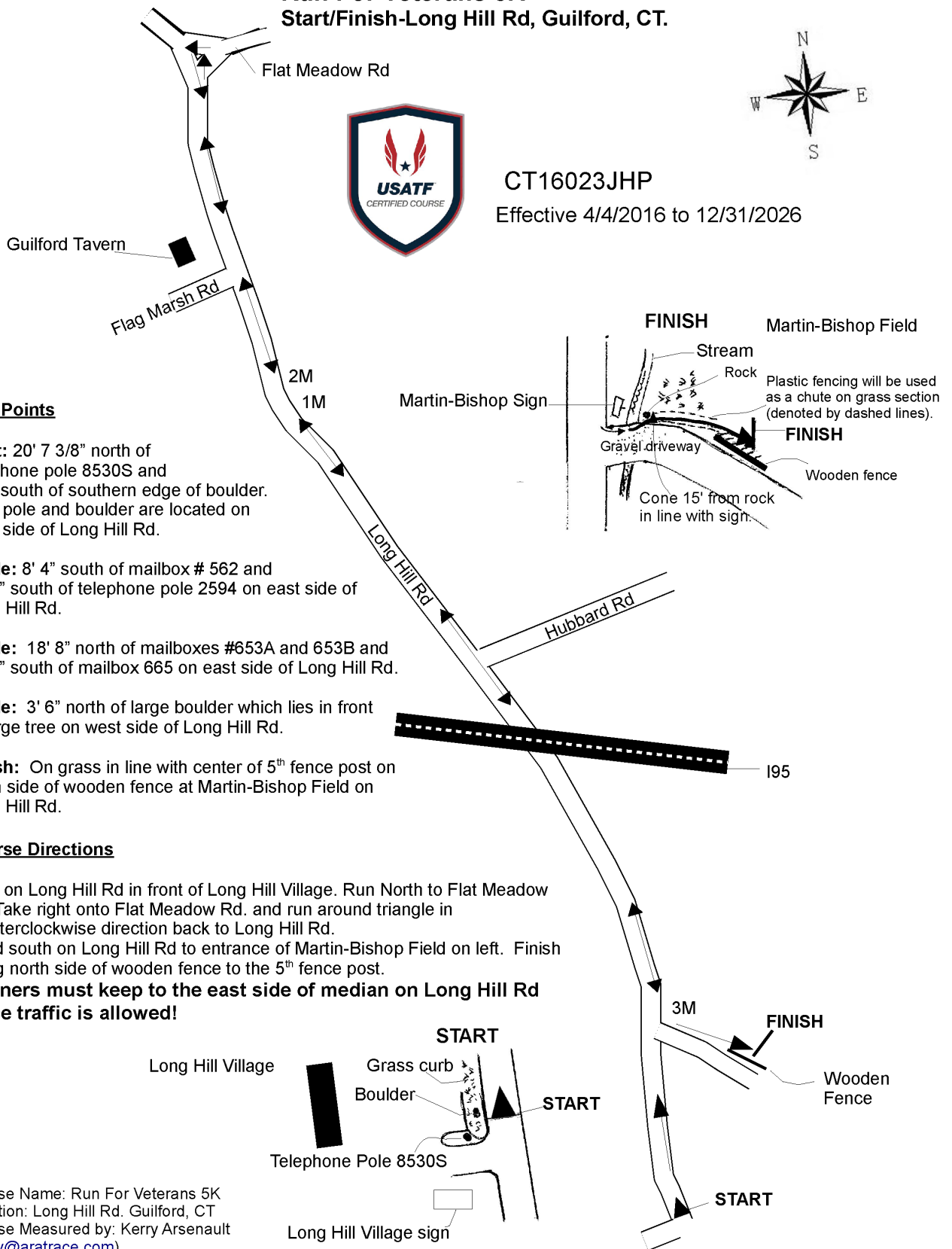


# Run For Veterans 5K

## Start/Finish-Long Hill Rd, Guilford, CT.



CT16023JHP  
Effective 4/4/2016 to 12/31/2026



### Mile Points

**Start:** 20' 7 3/8" north of telephone pole 8530S and 2' 4" south of southern edge of boulder. Both pole and boulder are located on west side of Long Hill Rd.

**1 Mile:** 8' 4" south of mailbox # 562 and 32' 2" south of telephone pole 2594 on east side of Long Hill Rd.

**2 Mile:** 18' 8" north of mailboxes #653A and 653B and 28' 3" south of mailbox 665 on east side of Long Hill Rd.

**3 Mile:** 3' 6" north of large boulder which lies in front of large tree on west side of Long Hill Rd.

**Finish:** On grass in line with center of 5<sup>th</sup> fence post on north side of wooden fence at Martin-Bishop Field on Long Hill Rd.

### Course Directions

Start on Long Hill Rd in front of Long Hill Village. Run North to Flat Meadow Rd. Take right onto Flat Meadow Rd. and run around triangle in counterclockwise direction back to Long Hill Rd.

Head south on Long Hill Rd to entrance of Martin-Bishop Field on left. Finish along north side of wooden fence to the 5<sup>th</sup> fence post.

**Runners must keep to the east side of median on Long Hill Rd since traffic is allowed!**

Course Name: Run For Veterans 5K  
Location: Long Hill Rd. Guilford, CT  
Course Measured by: Kerry Arsenault  
([kerry@aratrace.com](mailto:kerry@aratrace.com))  
Measurement Date: March 31, 2016



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



Name of the course Run for Veterans 5K Distance 5 km  
Location (state) Connecticut (city) Guilford  
Type of course: road race ☒ calibration course ☐ track ☐  
Measuring methods: bicycle ☒ steel tape ☐ electronic distance meter ☐  
Measured by (name, address, phone & e-mail) Kerry Arsenault, 806 Durham Rd, Guilford, CT 06437  
kerry@aratrace.com, 203.605.0739  
Race contact (name, address, phone & e-mail) Misty Streitweiser, 203.457.9767, mistreit@comcast.com  
203.737.7931  
Date(s) when course measured: March 31, 2016  
Number of measurements of entire course: 2 Course Configuration: Keyhole  
Elevation (meters above sea level) Start 5 Finish 3 Highest 32 Lowest 3  
Straight line distance between start & finish 221 Drop 0.4 m/km Separation 4.42 %  
Type of surface: paved 95 % dirt     % gravel 1 % grass 4 % track     %  
Effective date of certification: April 5, 2016 Certification code: CT16023JHP

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*** **2026**

*Jane H. Parks*

**AS NATIONALLY CERTIFIED BY:**

Date: April 5, 2016

Jane H. Parks - USATF/RRTC Certifier  
973.349.0033 janehp3@gmail.com