

NJ12022LMB

Effective 7/5/2012 to 12/31/2022

White Meadow Lake, Toughest 5K in NJ

White Meadow Lake Clubhouse Rockaway, NJ 07866

All Directions are provided relative to the running direction:

Start: Facing North on Lake Shore Drive North just past the White Meadow Rd intersection. 56ft North of Utility Pole 1221RT (at intersection); Start at center of northernmost driveway of #2 Lake Shore Dr North.

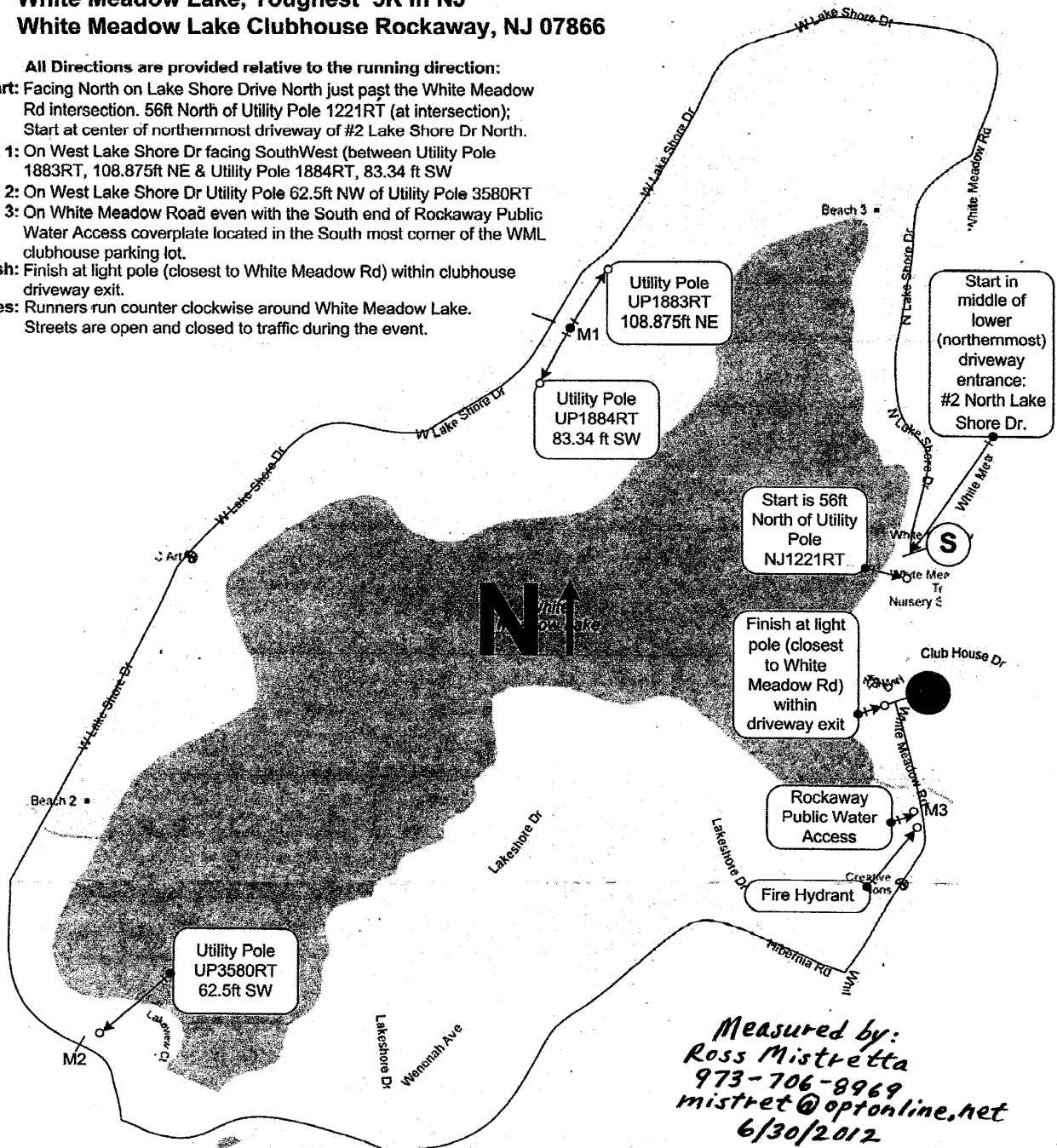
Mile 1: On West Lake Shore Dr facing SouthWest (between Utility Pole 1883RT, 108.875ft NE & Utility Pole 1884RT, 83.34 ft SW

Mile 2: On West Lake Shore Dr Utility Pole 62.5ft NW of Utility Pole 3580RT

Mile 3: On White Meadow Road even with the South end of Rockaway Public Water Access coverplate located in the South most corner of the WML clubhouse parking lot.

Finish: Finish at light pole (closest to White Meadow Rd) within clubhouse driveway exit.

Notes: Runners run counter clockwise around White Meadow Lake. Streets are open and closed to traffic during the event.





Road Running Technical Council
USA Track & Field

Measurement Certificate

recognized by



Name of the course White Meadow Lake - Toughest 5K in NJ Distance 5 km
Location (state) New Jersey (city) Rockaway
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Loop
Type of surface: paved 100 % dirt % gravel % grass % track %
Elevation (meters above sea level) Start 239 m Finish 231 m Highest 296 m Lowest 229 m
Straight line distance between start & finish 154 m Drop 1.6 m/km Separation 3.08 %
Measured by (name, address, phone & e-mail) Ross Mistretta, 96 Carol Pl, Wayne, NJ 07470
973-706-8969, mistret@optonline.net
Race contact (name, address & phone) Dee Romani, 11 Ronald Ave, Rockaway, NJ 07866
973-983-8084
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐
Number of measurements of entire course: 2 Date(s) when course measured: 6/30/2012
Race date: 7/15/2012 Course certification effective date: 7/5/2012
Replaces: (if applicable) Certification code: NJ12022LMB

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.

Validation of Course — In the event a National Open Record is set on this course, or at the discretion of USA Track & Field, a validation 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

2022

AS NATIONALLY CERTIFIED BY:

Larry M. Baldasari

Larry M. Baldasari, Sr., USATF/RRTC Course Certifier Phone: 609-890-8343
3448 Nottingham Way, Hamilton Square, NJ 08690 E-mail: larsurf@aol.com

Date: 7/8/2012