

# Mountain Lakes - Type 1 Willpower 5K

THE FOLLOWING MARKS ARE DESCRIBED RELATIVE TO THE RUNNING DIRECTION.

**Start:** Facing Southeast on Lake Dr 6ft. 10in. **BEFORE** Utility Pole "JC 838 MNL". School Flagpole is approximately 30ft. **BEFORE** the starting line.

**Mile 1:** Facing Northwest on Morris Ave inline with the Valley Rd Westside curb 16ft. 3in. **BEFORE** Utility Pole "40K 4557 MNL" and just **AFTER** the Valley Rd Morris Ave intersection manhole.

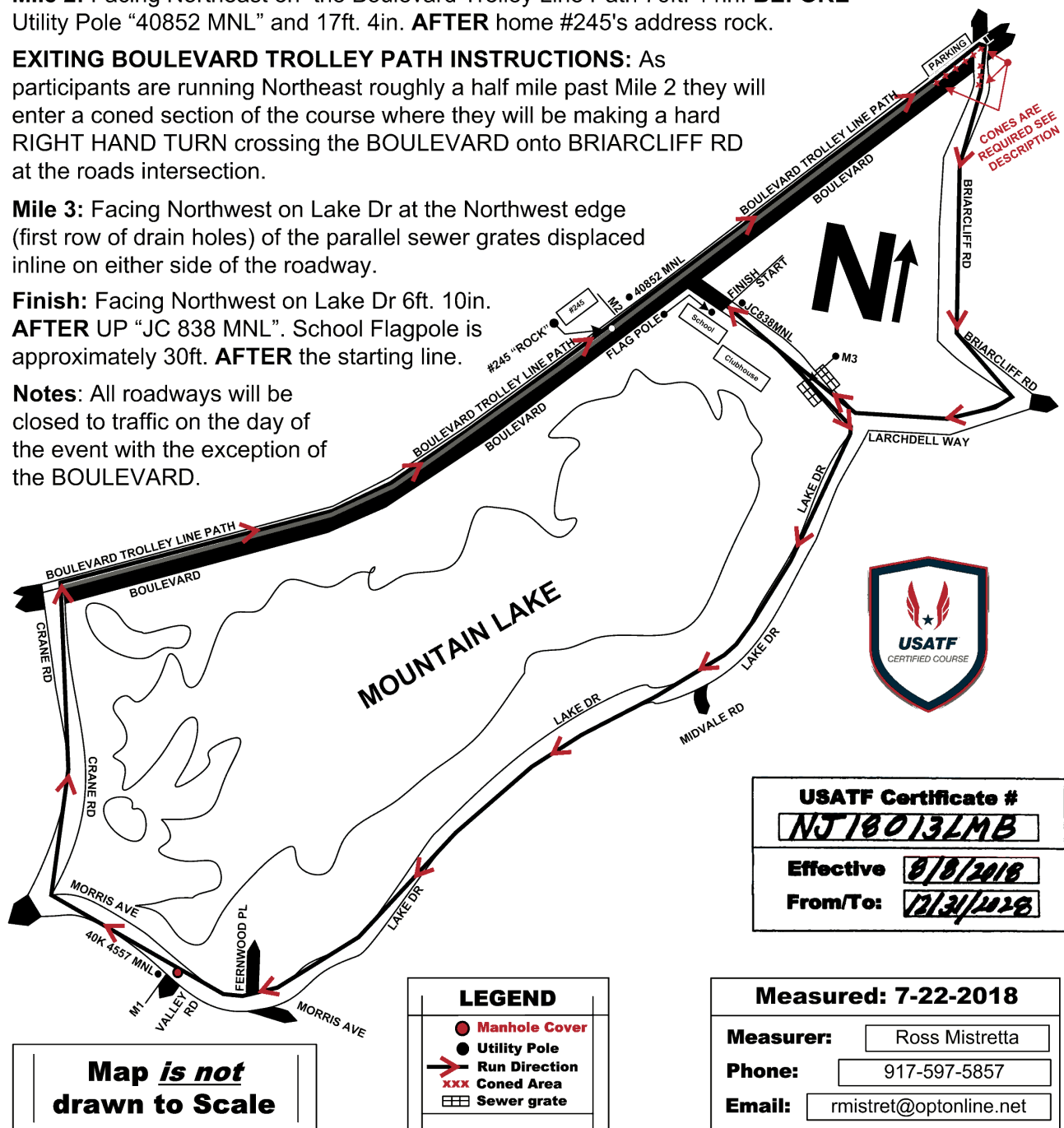
**Mile 2:** Facing Northeast on the Boulevard Trolley Line Path 76ft. 11in. **BEFORE** Utility Pole "40852 MNL" and 17ft. 4in. **AFTER** home #245's address rock.

**EXITING BOULEVARD TROLLEY PATH INSTRUCTIONS:** As participants are running Northeast roughly a half mile past Mile 2 they will enter a coned section of the course where they will be making a hard RIGHT HAND TURN crossing the BOULEVARD onto BRIARCLIFF RD at the roads intersection.

**Mile 3:** Facing Northwest on Lake Dr at the Northwest edge (first row of drain holes) of the parallel sewer grates displaced inline on either side of the roadway.

**Finish:** Facing Northwest on Lake Dr 6ft. 10in. **AFTER** UP "JC 838 MNL". School Flagpole is approximately 30ft. **AFTER** the starting line.

**Notes:** All roadways will be closed to traffic on the day of the event with the exception of the BOULEVARD.





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

**Measurement Certificate**



Name of the course Mountain Lakes - Type 1 Willpower 5K Distance 5 km  
Location (state) New Jersey (city) Mountain Lakes  
Type of course: road race ☒ calibration course ☐  
Measuring method: bicycle ☒ steel tape ☐ electronic distance meter ☐  
Measured by (name, address, phone & e-mail) Ross Mistretta 96 Carol Place Wayne, NJ 07470  
973-706-8969 rmistret@optonline.net  
Race contact (name, address, phone & e-mail) Joe Oliver 90 Melrose Rd Mountain Lakes, NJ 07046  
917-232-3162 joeoliver@gmail.com  
Date(s) when course measured: July 22, 2018  
Number of measurements of entire course: 4 Course Configuration: Double Keyhole  
Elevation (meters above sea level) Start 155.3 m Finish 155.3 m Highest 167.3 m Lowest 144.3 m  
Straight line distance between start & finish 0 m Drop 0 m/km Separation 0 %  
Type of surface: paved 100 % dirt      % gravel      % grass      % track      %  
Effective date of certification: August 8, 2018 Certification code: NJ18013LMB

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*** **2028**

**AS NATIONALLY CERTIFIED BY:**

Date: August 10, 2018

Larry M. Baldasari, Sr. USATF/RRTC Certifier

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