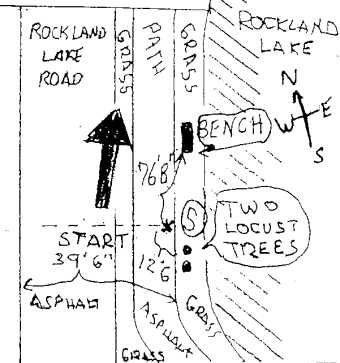


SELF-TRANCENDENCE MARATHON @ ROCKLAND LAKE STATE PARK Congers, N.Y.

START DETAIL



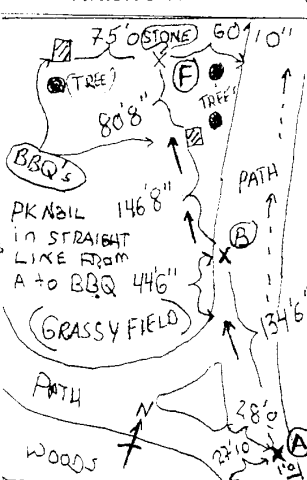
At the Start, Competitors may use width of bike path and adjacent Rockland Lake Rd. (Watch for curb.)

Basic Circuit: 4.741Km
(2.9497 miles)

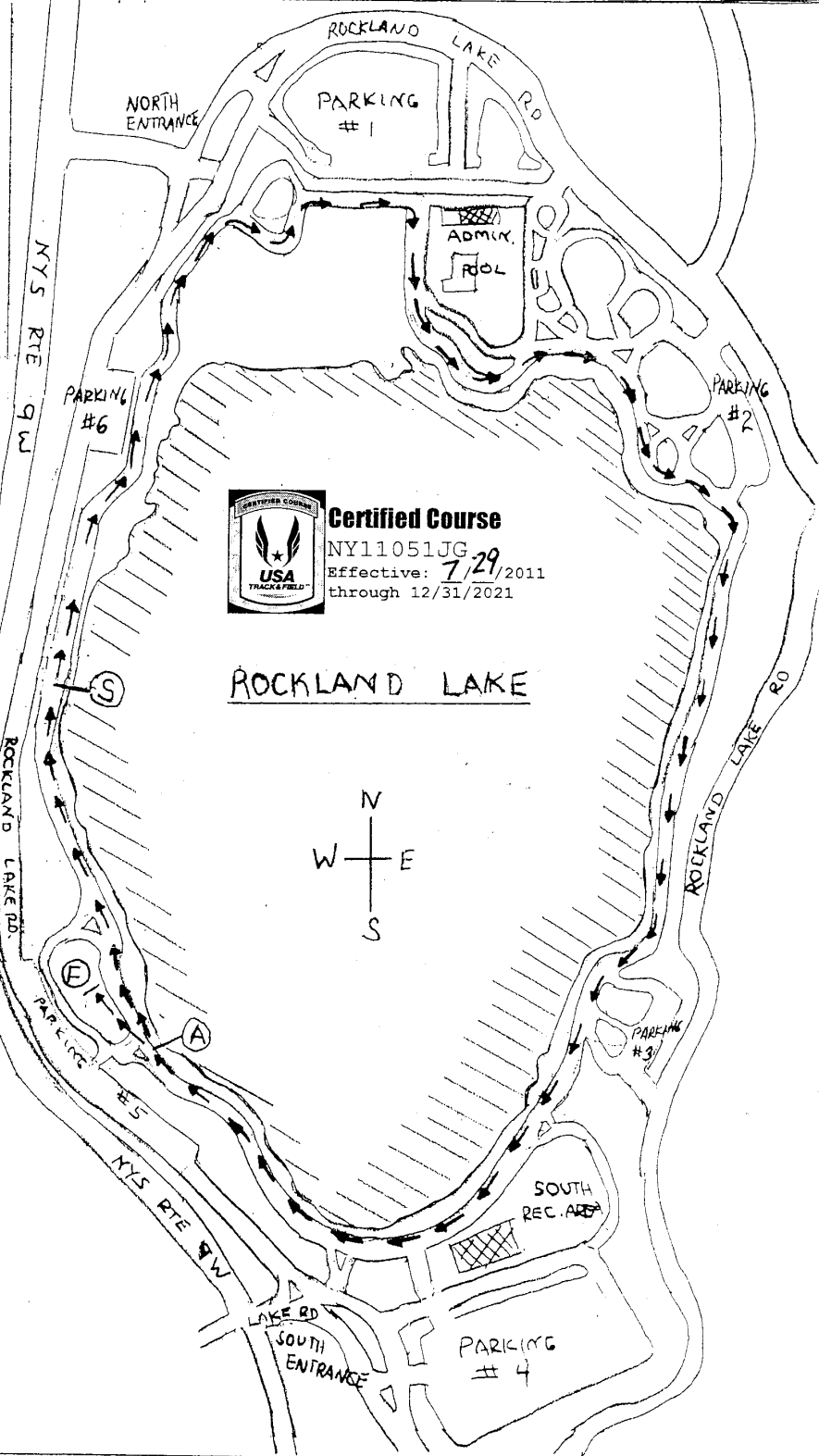
Marathon: 8.8654029
circuits of lake + finish
tail (109.85m) from
point A.

PK nails located 1'0"
from edge of bike path.

FINISH DETAIL



Measured by G. Westerfield, 2011



Certified Course

NY11051JG

Effective: 7/29/2011
through 12/31/2021



Road Running Technical Council
USA Track & Field
Measurement Certificate

recognized by



Name of the course Self-Transcendence Marathon at Rockland Lake SP Distance 42.195 km
Location (state) NY (city) Congers
Type of course: road race ☒ calibration ☐ track ☐ Configuration: loop (8.87x) w/spur
Type of surface: paved 100 % dirt - % gravel - % grass - % track - %
Elevation (feet above sea level) Start 148 Finish 149 Highest 159 Lowest 147
Straight line distance between start & finish 569 m Drop -0.01 m/km Separation 1.35 %
Measured by (name, address, phone & e-mail) Gary Westerfield 350 Old Willets Path
Smithtown, NY 11787; 631-979-9603; garywesterfield@verizon.net
Race contact (name, address & phone) Rupantar LaRusso 150-47 87th Ave., Jamaica, NY
11432; 917-916-5259; rupantar@goldenboat.net
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐
Number of measurements of entire course: 2 Date(s) when course measured: May 24, 2011
Race date: August 25, 2011 Course certification effective date: July 29, 2011
Replaces: n/a (if applicable) Certification code: NY11051JG

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 **2021**

AS NATIONALLY CERTIFIED BY:

James A. Gilmer

Digitally signed by James Gilmer
DN: cn=James Gilmer, o=ou, email=jim.gilmer@gmail.com, c=US
Date: 2011.08.01 15:02:30 -04'00'

Date: August 1, 2011

James A. Gilmer, USATF/RRTC Regional Certifier, New York
232 Van Wies Point Rd., Glenmont, NY 12077-4222 • 518-427-9374 • jim.gilmer@gmail.com

NY11051JG