



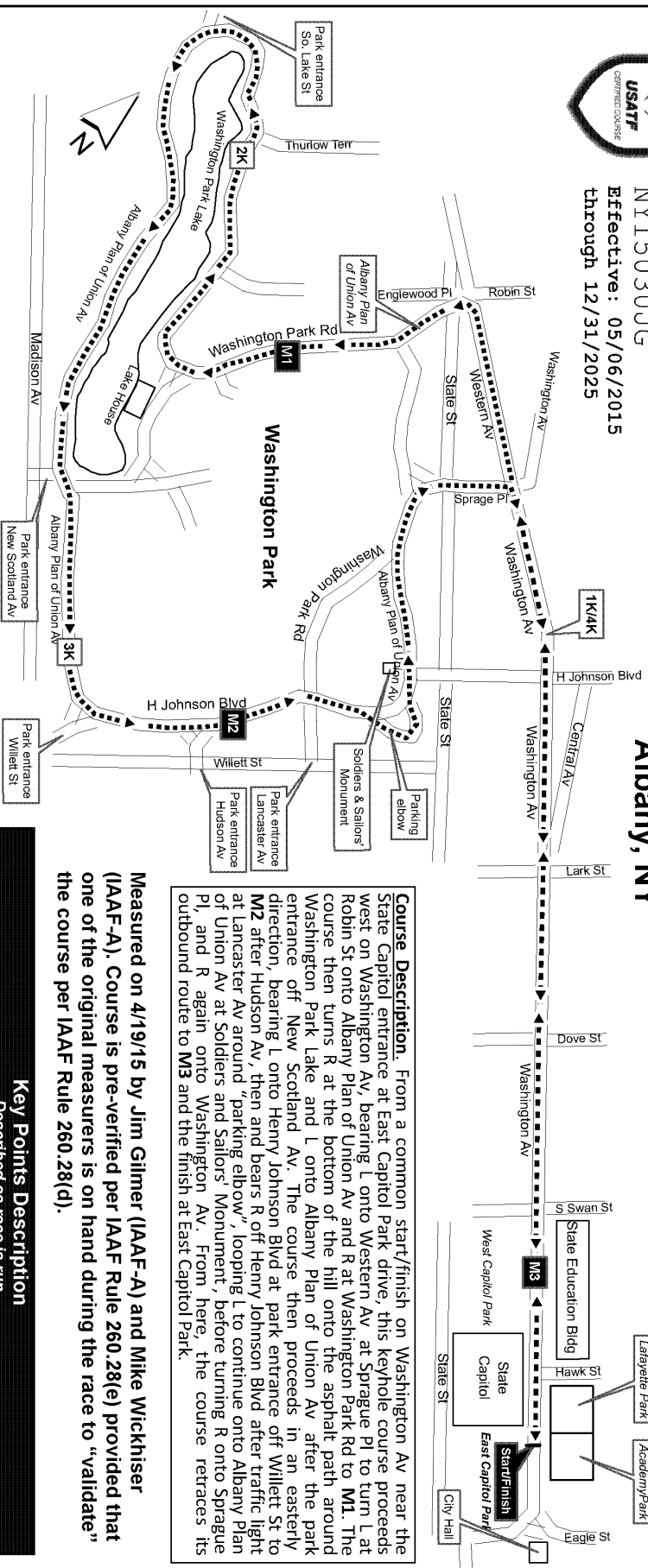
USATF Certificate

NY15030JG

Effective: 05/06/2015
through 12/31/2025

Freihofer's Run for Women 5K

Albany, NY



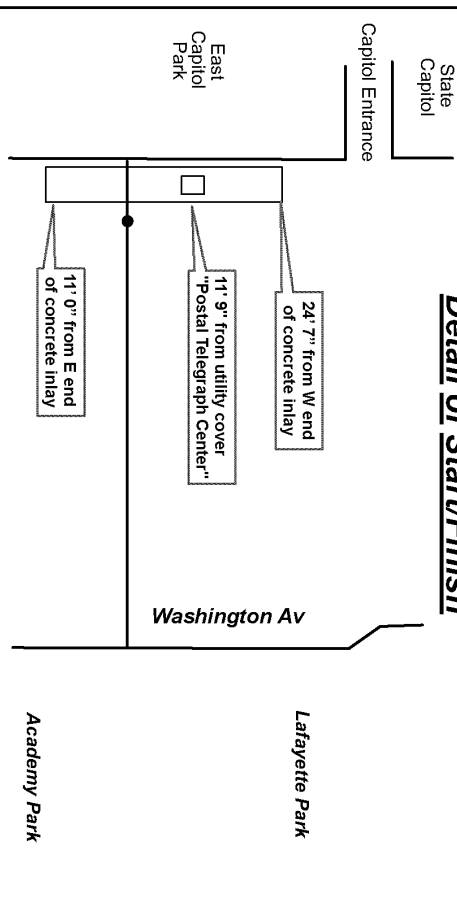
Course Description. From a common start/finish on Washington Av near the State Capitol entrance at East Capitol Park drive, this keyhole course proceeds west on Washington Av, bearing L onto Western Av at Sprague Pl to turn L at Robin St onto Albany Plan of Union Av and R at Washington Park Rd to M1. The course then turns R at the bottom of the hill onto the asphalt path around Washington Park Lake and L onto Albany Plan of Union Av after the park entrance off New Scotland Av. The course then proceeds in an easterly direction, bearing L onto Henry Johnson Blvd at park entrance off Willett St to M2 after Hudson Av, then bears R off Henry Johnson Blvd after traffic light at Lancaster Av around "parking elbow", looping L to continue onto Albany Plan of Union Av at Soldiers and Sailors' Monument, before turning R onto Sprague Pl, and R again onto Washington Av. From here, the course retraces its outbound route to M3 and the finish at East Capitol Park.

Measured on 4/19/15 by Jim Gilmer (IAAF-A) and Mike Wickhiser (IAAF-A). Course is pre-verified per IAAF Rule 260.28(e) provided that one of the original measurers is on hand during the race to "validate" the course per IAAF Rule 260.28(d).

Key Points Description Described as race is run

- Start/Finish:** On Washington Av at East Capitol Park near State Capitol entrance. Point is on concrete inlay, 24' 7" from W end, 11' 0" from E end, 11' 9" from utility cover "Postal Telegraph Cable" and 10.5" from joint in concrete.
- 1 Km:** (.062 mi) Point is 5' 10" after utility cover on sidewalk and 34' 0" before utility pole "NM 30". (Same as 4 km.)
- Mile 1:** On Washington Park Rd after Albany Plan of Union Av, 27' 0" LP #47 and 79' 9" before LP #46.
- 2 Km:** (.124 mi) On asphalt path on N side of Washington Park Lake before Thurlow Terr. Point is 69' 8" after LP #10 and 16' 10" before LP #11.
- 3 Km:** (.186 mi) On Albany Plan of Union Av 25' [10" before crosswalk from Madison Ave near park entrance at Willett St.
- Mile 2:** In Washington Park on Henry Johnson Blvd after park entrance at Hudson Av. Point is 16' 10" after LP #44 and 91' 5" before LP #43.
- 4 Km:** (.249 mi) Point is 34' 0" after utility pole "NM 30" and 5' 10" before utility cover on sidewalk. (Same as 1 km.)
- Mile 3:** On Washington Av at West Capitol Park. Point is 2' 1" before 1st utility cover "Bell System" and 7' 11" after parking meter sign.
- All points marked with mag nail and red and white painted stencil.**

Detail of Start/Finish





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



Measurement of this certified course is pre-verified. See below.

Name of the course Freihofer's Run for Women 5K Distance 5 km
Location (state) NY (city) Albany
Type of course: road race ☒ calibration ☐ track ☐ Configuration: keyhole
Type of surface: paved 100 % dirt - % gravel - % grass - % track - %
Elevation (meters above sea level) Start 44.2 Finish 44.2 Highest 68.6 Lowest 44.2
Straight line distance between start & finish 0.0 Drop 0.0 m/km Separation 0.0 %
Measured by (name, address, phone & e-mail) Jim Gilmer, 232 Van Wies Point Rd, Glenmont, NY 12077; 518-852-3562; jim.gilmer@gmail.com; and Mike Wickiser, 330-592-4417; Mike@coursemeasurement.com
Race contact (name, address, phone & e-mail) George Regan, Freihofer's Run for Women, P.O. Box 1200, Troy NY 12181; gregan@freihofersrun.com ; 518-273-5552
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐
Number of measurements of entire course: 2 Date(s) when course measured: April 19, 2015
Race date: May 30, 2015 Course certification effective date: May 6, 2015
Course measured by two IAAF "A" measurers and is pre-verified per Certification code: NY15030JG
IAAF Rule 260.28(e) provided that one of the original measurers is on hand during the race to "validate" the course per IAAF Rule 260.28(d).

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

2025

AS NATIONALLY CERTIFIED BY:

Digitally signed by James A. Gilmer
DN: cn=James A. Gilmer, o=NY Regional Certifier, ou,
email=jim.gilmer@gmail.com, c=US
Date: 2015.05.09 14:39:51 -04'00'

Date: May 6, 2015

James A. Gilmer, USATF/RRTC Certifier • 232 Van Wies Point Rd., Glenmont, NY 12077-4222
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