

# Pump It Up 5 Miler

Jericho, VT

Measured by Steve Eustis on 10/5/2013

802-878-4385 / eustis1970@comcast.net

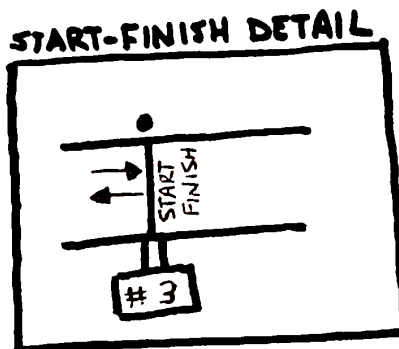
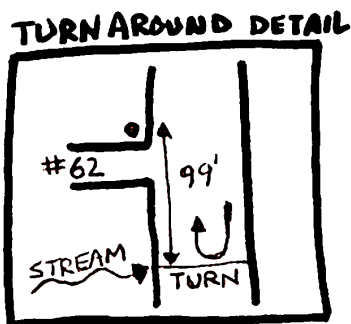
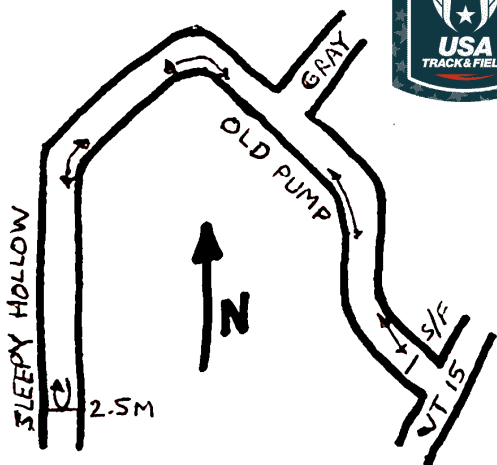
- Start / 5M #3 Old Pump Road – front door and sidewalk of house; at utility pole #36/2
- 1M / 4M #88 + #90 Old Pump Road – just east of shared driveway; 18' east of utility pole #26-3/29
- 5K 10' north of where power lines cross Sleepy Hollow Road just south of Old Pump Road; utility pole west of the road (and set back) is #30/15A/22-1)
- 2M / 3M #113 Sleepy Hollow Road – 5' north of corner of garage that is closest to the road (garage is at a 45 degree angle to road)
- 2.5M #62 Sleepy Hollow Road; 99' south of utility pole #30/23B1/1/34 (pole is at north edge of driveway); at the location where the small stream intersects the road from the west

Notes:

- Runners proceed to the 2.5 mile mark, turn around and run back to the finish



**USATF Certification #VT13009JK**  
**Effective 10/6/2013 - 12/31/2023**  
**Drop 0 m/Km, Separation 0%**





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



Name of the course Pump It Up 5 Miler Distance 5 mi.  
 Location (state) VT (city) Jericho  
 Type of course: road race  calibration  track  Configuration: out-and-back  
 Type of surface: paved - % dirt - % gravel 100 % grass - % track - %  
 Elevation (height above sea level) Start 620 ft. Finish 620 ft. Highest 730 ft. Lowest 600 ft.  
 Straight line distance between start & finish zero Drop 0 m/km Separation 0 %  
 Measured by (name, address, phone & e-mail) Steve Eustis, 18 Wilkinson Dr,  
Essex Jct VT 05452; 802-878-4385; eustis1970@comcast.net  
 Race contact (name, address & phone) GMAA, PO Box 194, Essex Jct, VT 05453  
info@gmaa.net  
 Measuring Methods: bicycle  steel tape  electronic distance meter   
 Number of measurements of entire course: 2 Date(s) when course measured: Oct 5, 2013  
 Race date: May 3, 2014 Course certification effective date: Oct 6, 2013  
 Certification code: VT13009JK

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* 2023

**AS NATIONALLY CERTIFIED BY:**

Date: Oct 9, 2013

Justin Kuo • USATF/RRTC National Certifier • 39 Oakland Road, Brookline, MA 02445-6700  
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