



Road Running Technical Council
USA Track & Field
Measurement Certificate



Name of the course Run For Your Life 5K Distance 5km
Location (state) NY (city) Schenectady
Type of course: Road Race
Measuring Methods: Bike
Measured By Jim Gilmer, 232 Van Wies Point Rd., Glenmont, NY 12077; 518-427-9374; jim.gilmer@gmail.com
Race Contact John Falotico, 1242 Fourth Ave., Schenectady, NY 12306; 518-755-2811; schdyffcancer@gmail.com
Date(s) when course measured: 03/16/2013
Number of measurements of entire course: 2 Course Configuration: complex of loops
Elevation (meters above sea level) Start 113m Finish 113m Lowest 113m Highest 130m
Straight line distance between start and finish 23m Drop 0 m/km Separation 0.5 %
Type of surface: Paved 99 % Dirt 0 % Gravel 1 % Grass 0 % Track 0 %
Effective date of certification: January 29, 2020 Certification code: NY13001DNB

Note 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 the course, or at the discretion of USA Track & Field, a verification measurement 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.

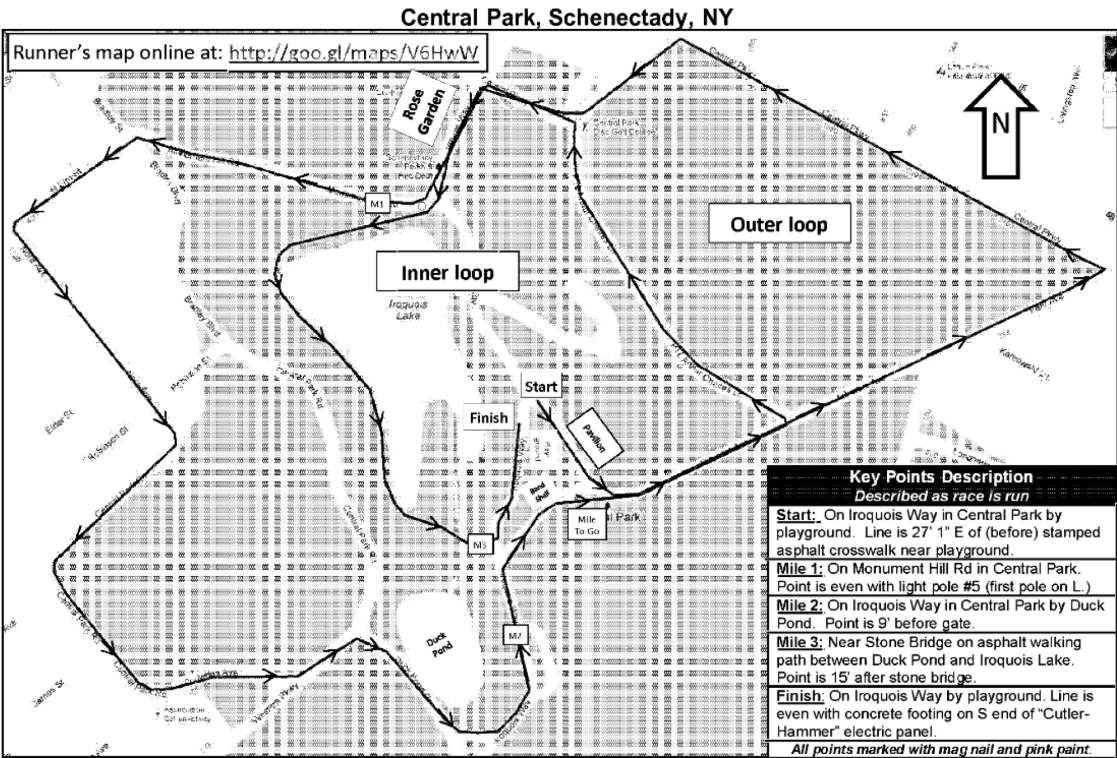
This certification expires on December 31 of the year: **2023**

AS NATIONALLY CERTIFIED BY:

Date: February 3, 2020

Diana Bean - USATF/RRTC Certifier - 180 W. Lake Road, Brackney PA 18812
(607) 240-9858 - dbean0120@gmail.com

Run for Your Life 5K



Start and Finish in Central Park From Start near the Pavilion, the outer loop of the **Outer Loop** of the course proceeds out Ashmore and Fehr Aves, turning **left** at Central Parkway, and re-entering the Park at the Rose Garden, climbing Monument Hill, and turning **left** at N Elm St before turning **left** again at Nora Ave. It then follows Central Park Rd, Snowden Dr around the south side of the Park before turning **right** on Duck Pond Dr and **left** on Iroquois Way, and turning **right** across gravel at the Band Shell. The **Inner Loop** and final mile of the course begins at the Pavilion, as the course loops **left** back on to PTL Arthur Chaires Ln, Central Parkway and Iroquois Way, and **right** on to the foot path for the final leg around Iroquois Lake, to the **Finish** on Iroquois Way at playground.

