



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



Name of the course Cherokee Nation Outpatient Health Clinic 5k Distance 5 km  
Location (state) OK (city) Tahlequah  
Type of course: Road Race  
Measuring Methods: Bicycle  
Measured By Martin Updike - 812 Eastside Blvd - Muskogee, OK 74403 - (918) 577-1956 - martin@i40raceservice.com  
Race Contact Magen Lawrence - 1296 Skill Center Circle Tahlequah, OK 74464 - 918-453-5000 - magen-lawrence@cherok  
Date(s) when course measured: 03/06/2020  
Number of measurements of entire course: 2 Course Configuration: several out/back sections  
Elevation (meters above sea level) Start 271.00 Finish 271.00 Lowest 255 Highest 282  
Straight line distance between start and finish 0 m Drop 0.00 m/km Separation 0.00 %  
Type of surface: Paved 100 % Dirt 0 % Gravel 0 % Grass 0 % Track 0 %  
Effective date of certification: March 17, 2020 Certification code: OK20007DG

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:*** **2030**

**AS NATIONALLY CERTIFIED BY:**

Date: March 17, 2020

Don Garrett - USATF/RRTC Certifier - 12120 Hickory Creek Blvd., Oklahoma City OK 73170  
(405) 850-5834 - garrettok@aol.com



## Cherokee Nation Outpatient Health Clinic 5k Course Tahlequah, OK – 5,000 meters

