



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



Name of the course Life is Tremendous! Rich DuHaime Memorial 5K Distance 5 km  
Location (state) NJ (city) Mahwah  
Type of course: Road Race  
Measuring Methods: Bicycle  
Measured By Ross Mistretta - 96 Carol Place - Wayne, NJ 07470 - (917) 597-5857 - rmistret@gmail.com  
Race Contact Jack Crilly - 33 Wolfe Dr. Wanaque, NJ 07465 - 973-835-5772  
Date(s) when course measured: 03/19/2022  
Number of measurements of entire course: 2 Course Configuration: complex of different loop  
Elevation (meters above sea level) Start 106.68 Finish 106.68 Lowest 100.28 Highest 113.08  
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: April 4, 2022 Certification code: NJ22012JLW

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:*** **2032**

**AS NATIONALLY CERTIFIED BY:**

Date: April 6, 2022

Jack Werbler - USATF/RRTC Certifier - 19 Amagansett Drive, Morganville NJ 07751  
(908) 692-6686 - jwerb@optonline.net

