



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



Name of the course Ringwood Educational Foundation 5K Distance 5 km
Location (state) NJ (city) Ringwood
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 Kasey Ferris - The Ringwood Educational Foundation, Inc. PO Box 297 Ringwood, NJ 07456 - 973-495-6391
Date(s) when course measured: 02/04/2024
Number of measurements of entire course: 2 Course Configuration: partial loop
Elevation (meters above sea level) Start 204.22 Finish 198.12 Lowest 185.93 Highest 206.04
Straight line distance between start and finish 215.04 m Drop 1.22 m/km Separation 4.30 %
Type of surface: Paved 95 % Dirt 0 % Gravel 5 % Grass 0 % Track 0 %
Effective date of certification: February 12, 2024 Certification code: NJ24016JLW

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: **2034**

AS NATIONALLY CERTIFIED BY:

Date: February 13, 2024

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

Ringwood Educational Foundation 5K

THE FOLLOWING MARKS ARE DESCRIBED RELATIVE TO THE RUNNING DIRECTION.

Ringwood, NJ - Course Map

START: Facing North In Ringwood State Park, Shepherd Lake Recreation Area Parking Lot, East side, 50ft 3in **AFTER** the parking lot storm drain **INLINE** with the center railing of the steps from the parking area to the grassy picnic area (where the 1M event is held) which is North, **AFTER** the main Recreation Building.

MILE1: On Shepherd Lake Rd, **BETWEEN** utility poles 52575 41148 which is 60ft 4in **BEFORE** and 52568 41138 which is 62ft 5in **AFTER** the mile split. Both utility poles are off the park roadways Western edge in the woods approximate 60ft.

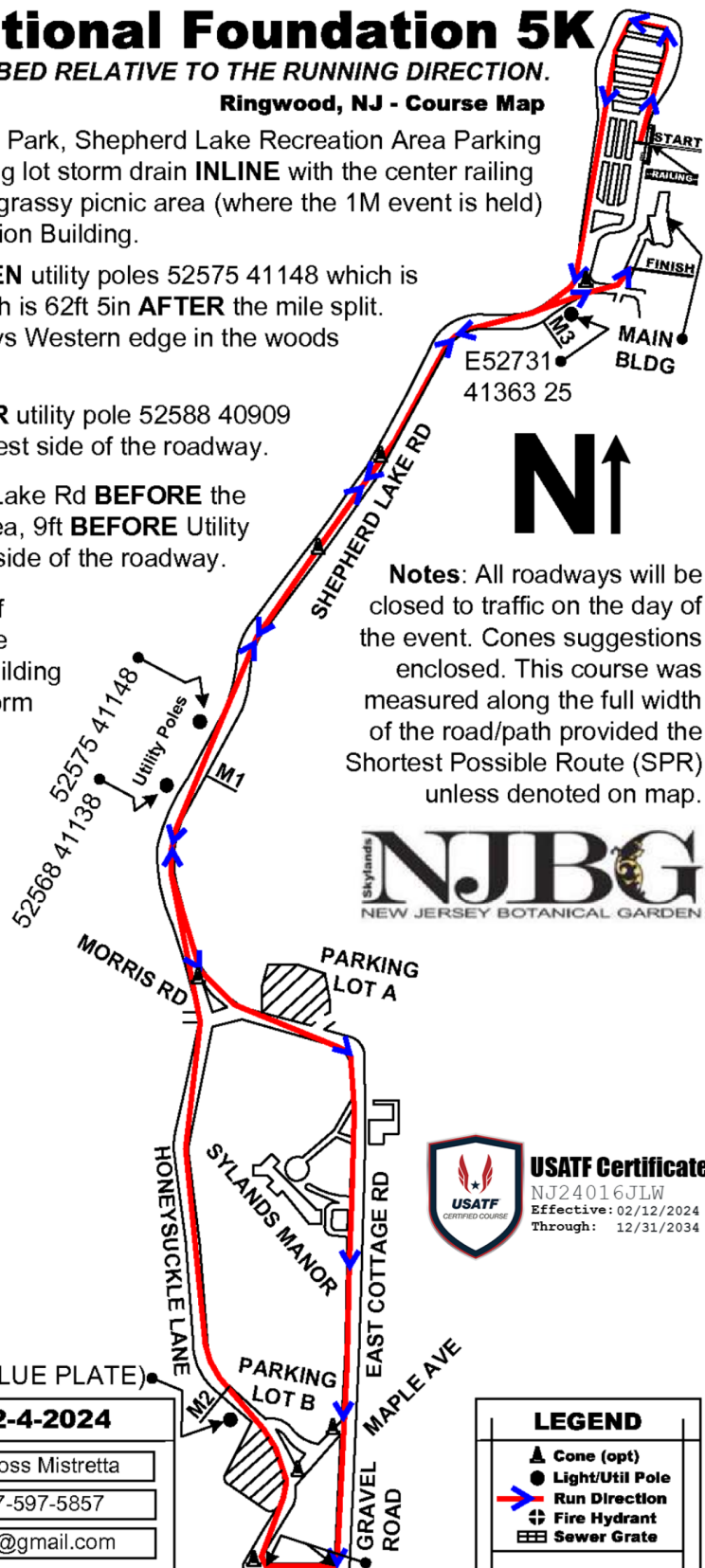
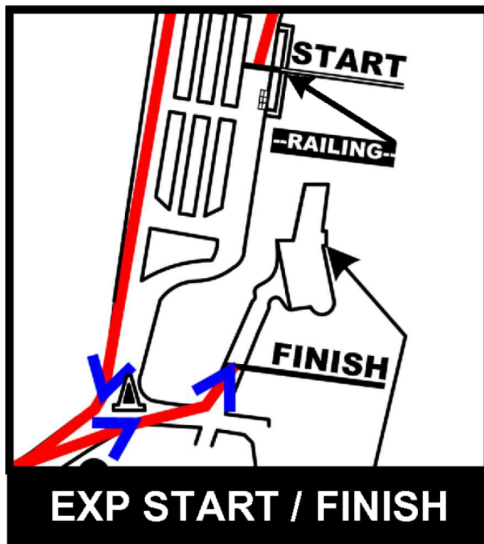
Mile2: On Honeysuckle Lane 43ft **AFTER** utility pole 52588 40909 (BLUE PLATE) which is on the **LEFT**, West side of the roadway.

MILE3: Facing Northeast, pn Shepherd Lake Rd **BEFORE** the gate entrance to the Lake Recreation Area, 9ft **BEFORE** Utility pole E52731 41363 25 on the right East side of the roadway.

FINISH: Facing North in the Lake Area of Ringwood State Park on the maintenance driveway South of the main recreation building **INLINE** with the Southern edge of the storm drain which is on the East side of the driveway.



Notes: All roadways will be closed to traffic on the day of the event. Cones suggestions enclosed. This course was measured along the full width of the road/path provided the Shortest Possible Route (SPR) unless denoted on map.



USATF Certificate
NJ24016JLW
Effective: 02/12/2024
Through: 12/31/2034

**Map is not
drawn to
Scale**

52588 40909 (BLUE PLATE)

Measured: 2-4-2024

Measurer: Ross Mistretta

Phone: 917-597-5857

Email: rmistret@gmail.com

LEGEND

- ▲ Cone (opt)
- Light/Util Pole
- Run Direction
- ⊕ Fire Hydrant
- Sewer Grate