



Road Running Technical Council  
USA Track & Field

Measurement Certificate



Name of the course Sterbenz 5K Distance 5 km  
Location (state) NJ (city) Washington  
Type of course: Road Race  
Measuring Methods: Bicycle  
Measured By Matt Slocum, 199 N Fullerton, Montclair, NJ 07042, precisioncoursedesign@gmail.com, 917-725-1709  
Race Contact Charissa Buskirk, cbuskirk@abilitiesnw.com, 908-689-1118  
Date(s) when course measured: 08/14/2023  
Number of measurements of entire course: 2 Course Configuration: Complex of Different Loops  
Elevation (meters above sea level) Start 122.00 Finish 123.00 Lowest 113.00 Highest 126.00  
Straight line distance between start and finish 45m Drop 0.20 m/km Separation 0.90 %  
Type of surface: Paved 100 % Dirt 0.0 % Gravel 0.0 % Grass 0.0 % Track 0.0 %  
Effective date of certification: August 20, 2023 Certification code: NJ23046JLW

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: 2033


AS NATIONALLY CERTIFIED BY:

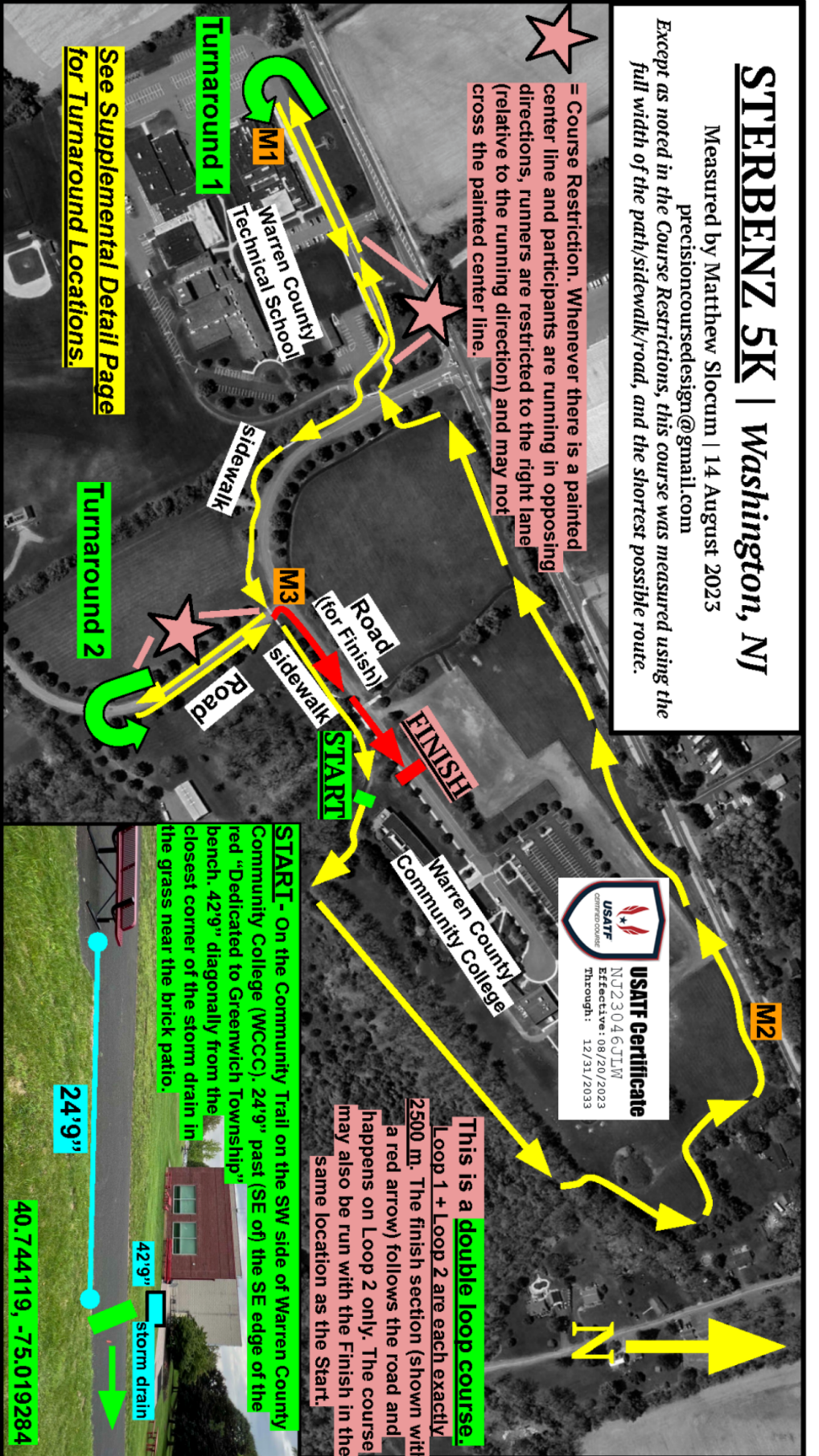
Date: August 20, 2023

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

# STERBENZ 5K | Washington, NJ

Measured by Matthew Slocum | 14 August 2023  
 precisioncourseesign@gmail.com  
 Except as noted in the Course Restrictions, this course was measured using the full width of the path/sidewalk/road, and the shortest possible route.

 = Course Restriction. Whenever there is a painted center line and participants are running in opposing directions, runners are restricted to the right lane (relative to the running direction) and may not cross the painted center line.

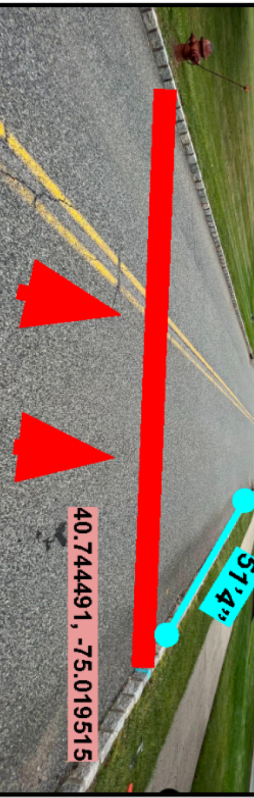


**This is a double loop course.**  
 Loop 1 + Loop 2 are each exactly 2500 m. The finish section (shown with a red arrow) follows the road and happens on Loop 2 only. The course may also be run with the Finish in the same location as the Start.

**START** - On the Community Trail on the SW side of Warren County Community College (WCCC). 24'9" past (SE of) the SE edge of the red "Dedicated to Greenwich Township" bench. 42'9" diagonally from the closest corner of the storm drain in the grass near the brick patio.



**FINISH** - Even with the W edge of the red fire hydrant along the road near the western edge of WCCC. 51'4" before (SW of) the leading edge of the pair of storm drains.



See Supplemental Detail Page for Turnaround Locations.

**Turnaround 1**

**Turnaround 2**

**Mile 1:** 40.743565, -75.025897 / Just after (NE of) turnaround point #1 during the first loop. 5'6" after (NE of) the first Light Pole (L.P.) after the T/A point.

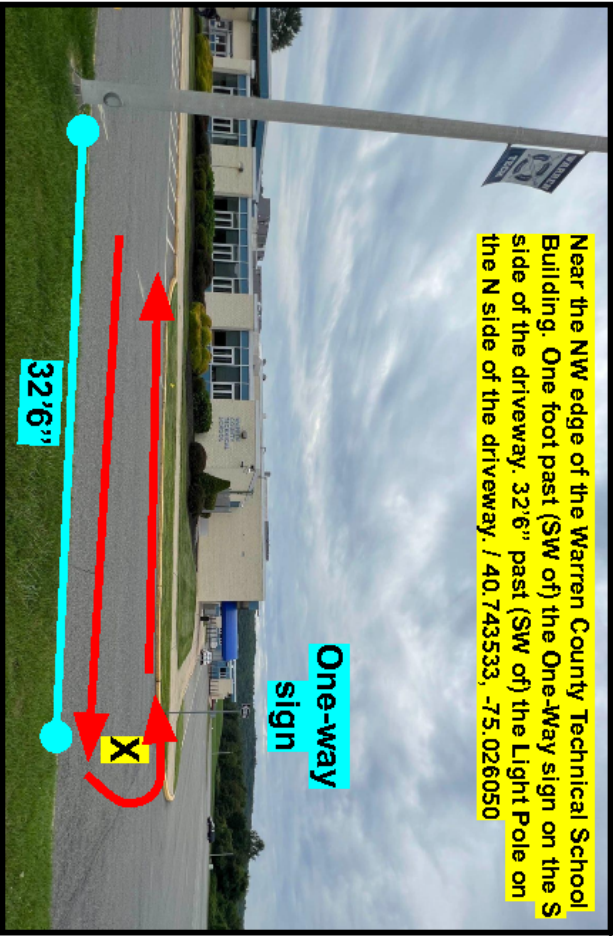
**Mile 2:** 40.746884, -75.017146 / During Loop 2. Near the northernmost part of the path. 115 feet after (SW of) the "Knowlton" bench. 99 feet before (NE of) the "Liberty Township" bench.

**Mile 3:** 40.743525, -75.021078 / During Loop 2, just before the final turn to the Finish. 7 feet after (NW) the NW edge of the curb on the NW edge of the crosswalk. 8 feet before (SE of) the stop sign.

# STERBENZ, 5K *Supplemental Detail Page*

**This is a double loop course—each of these turnaround points happens once per loop. Both are marked with MagNails.**

## **TURNAROUND #1**



## **TURNAROUND #2**

