



Road Running Technical Council
USA Track & Field

Measurement Certificate



Name of the course Lakes Region 5K for Mental Health Distance 5 km

Location (state) NH (city) Tilton

Type of course: Road Race

Measuring Methods: Bicycle

Measured By Christopher Bernier, 14 Skyview Drive, Rindge, NH 03461, chris@sub5racing.com, 603-899-3210

Race Contact Beth Vachon, 40 Beacon St. East, Laconia, NH 03246 - 603.524.1100 - bvachon@lrmhc.org

Date(s) when course measured: 11/14/2024

Number of measurements of entire course: 2 Course Configuration: complex of different loops

Elevation (meters above sea level) Start 151.00 Finish 151.00 Lowest 146.00 Highest 202.00

Straight line distance between start and finish 0m 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: December 1, 2024 Certification code: NH24004JK

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: January 15, 2025

Justin Kuo - USATF/RRTC Certifier - 39 Oakland Rd, Brookline MA 02445
(617) 487-4463 - jkuo+certifier@usatfne.org

Lakes Region 5K for Mental Health

Tilton, NH

*Course measured with SPR (Shortest Possible Route)

- UP = Utility Pole
- CW= Crosswalk
- LP = Light Post
- T/A = Turnaround
- DW = Driveway

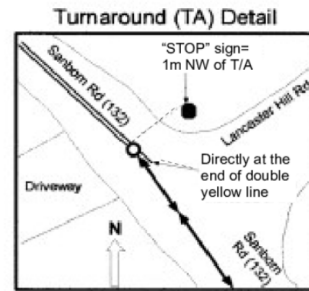
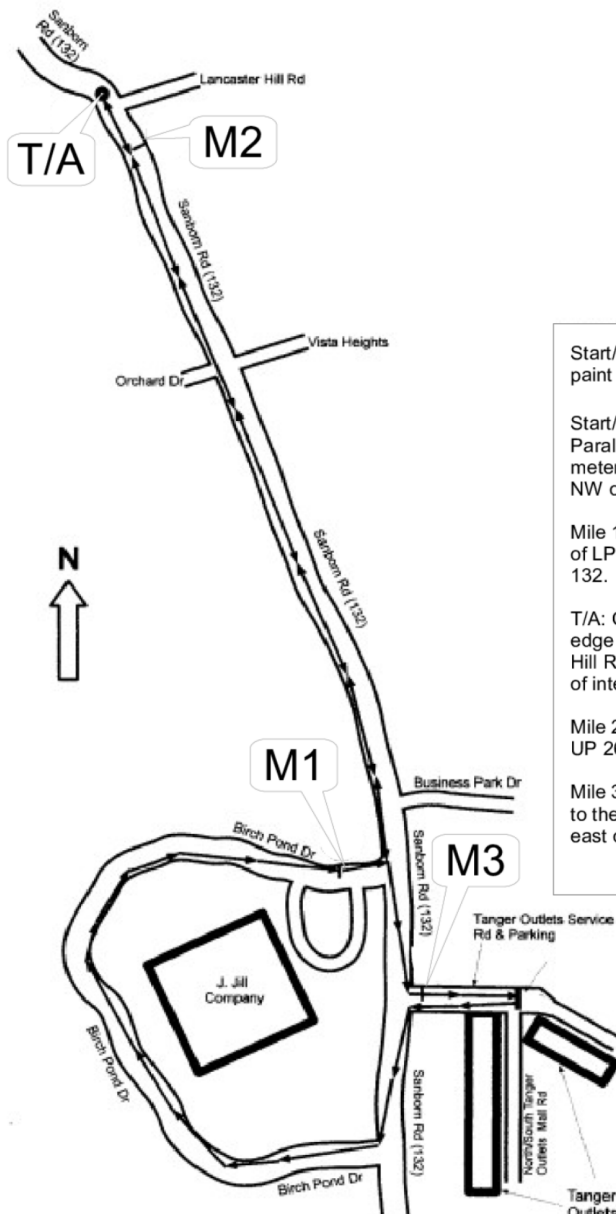


USATF Certificate

NH24004JK
 Effective: 12/01/2024
 Through: 12/31/2034

All mile marks, Start/Finish & T/A are marked with P-K nails and white paint

Note: In order for this course to be record eligible, RD must put a timing mat at T/A



Start/ Finish, T/A & miles markers are marked with white paint & P-K nails.

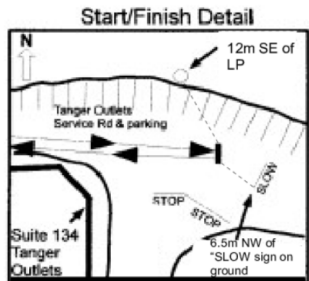
Start/Finish: in Tanger Outlets Service Rd parking lot. Parallel to 7th spot to the east of the handicap spot. 12.4 meters SE of LP on north side of parking lot & 6.5 meters NW of "SLOW" sign.

Mile 1: On north side of Birch Pond Rd, @ 13.4meters west of LP & 76 meters west of intersection of Birch Pond & Rt 132.

T/A: On center line of Sanborn Rd. (Rt 132) directly on SE edge of center line on north side of intersection of Lancaster Hill Rd & Rt 132 & 1 meter SE of "STOP" sign on NE corner of intersection.

Mile 2: On east side of Sanborn Rd. (Rt 132) 5.1 meters N of UP 26 1/2 & directly across from DW #272.

Mile 3: On north side of Tanger Outlets Service Rd. parallel to the 3rd parking spot east of the entrance & 10.6 meters east of the "STOP" sign at intersection.



Measured by Chris Bernier
 Nov.14.2024
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 603.801.5757