



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

Measurement Certificate



Name of the course MLVFD Fired Up for the 4th 5K Distance 5 km

Location (state) NJ (city) Mountain Lakes

Type of course: Road Race

Measuring Methods: Bicycle

Measured By Ross Mistretta, 96 Carol Place, Wayne, NJ 07470, rmistret@gmail.com, 917-597-5857

Race Contact Robert Wagmiller, robert.wagmiller@gmail.com, 908-868-3896

Date(s) when course measured: 06/04/2025

Number of measurements of entire course: 2 Course Configuration: Keyhole (out/loop/back)

Elevation (meters above sea level) Start 157.89 Finish 157.89 Lowest 145.08 Highest 166.12

Straight line distance between start and finish 0.0m Drop 0.00 m/km Separation 0.00 %

Type of surface: Paved 100 % Dirt 0.0 % Gravel 0.0 % Grass 0.0 % Track 0.0 %

Effective date of certification: June 7, 2025 Certification code: NJ25006JLW

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: **2035**

AS NATIONALLY CERTIFIED BY:

Date: June 9, 2025

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

MLVFD Fired Up for the 4th 5K

Course Map
Mountain Lakes, NJ

THE FOLLOWING MARKS ARE DESCRIBED RELATIVE TO THE RUNNING DIRECTION.

Start: Facing slightly NorthEast almost perfectly **INLINE** with the FH that resides between 172 & 176 East Shore Rd 9ft 6in **AFTER** Utility Pole 40032MNL -5610 819 298 (side #).

Mile 1: Facing Northeast in front of 124 Lake Dr 73ft 4in **AFTER** unmarked Utility Pole at house #130 AND 39ft 9in from the trailing edge of the sewer grate (same side, Fire Hydrant is between both) AND 50ft 1in **BEFORE** Utility Pole JC820MNL at the leading edge of the driveway at 120 Lake Dr.

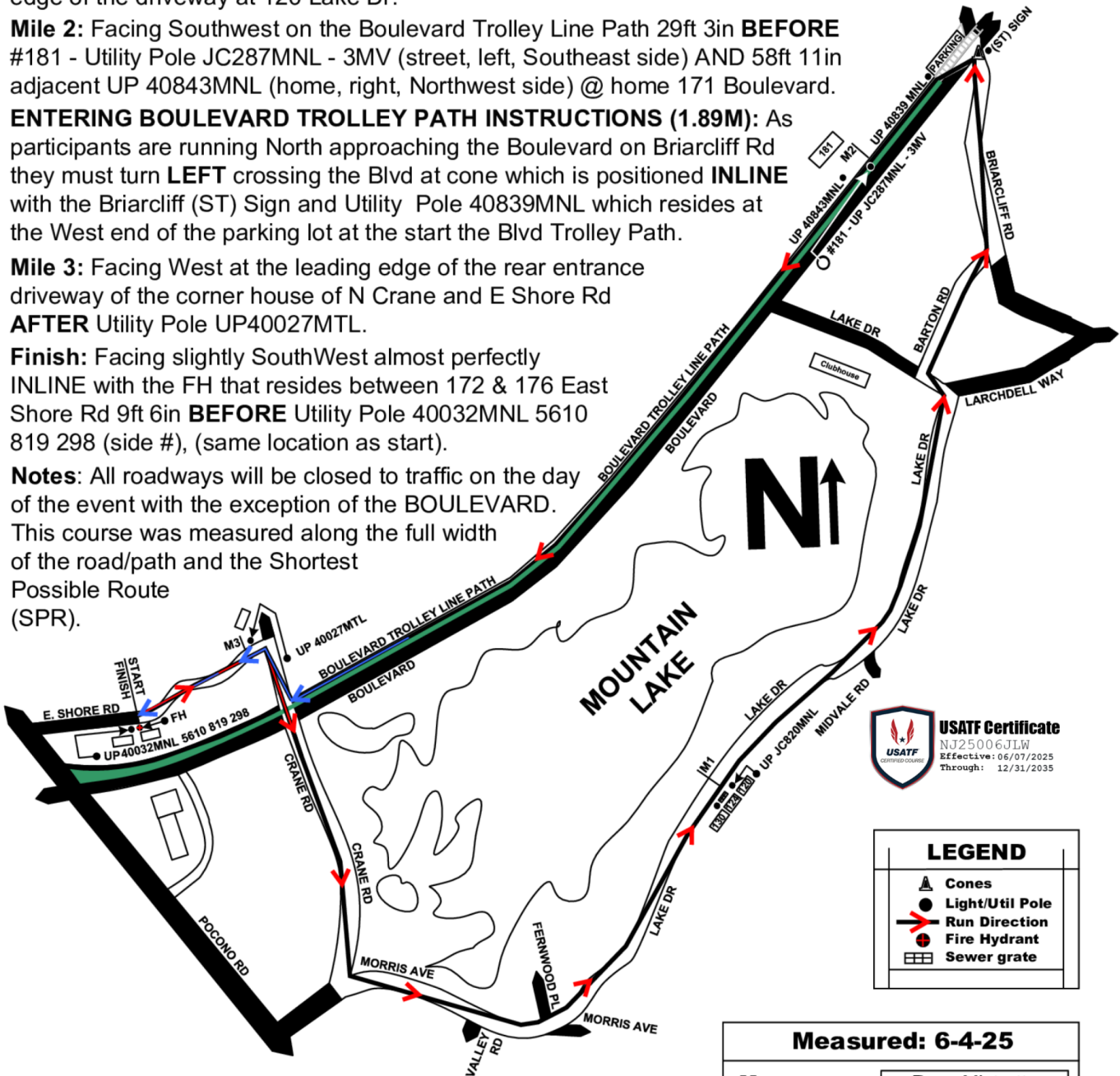
Mile 2: Facing Southwest on the Boulevard Trolley Line Path 29ft 3in **BEFORE** #181 - Utility Pole JC287MNL - 3MV (street, left, Southeast side) AND 58ft 11in adjacent UP 40843MNL (home, right, Northwest side) @ home 171 Boulevard.

ENTERING BOULEVARD TROLLEY PATH INSTRUCTIONS (1.89M): As participants are running North approaching the Boulevard on Briarcliff Rd they must turn **LEFT** crossing the Blvd at cone which is positioned **INLINE** with the Briarcliff (ST) Sign and Utility Pole 40839MNL which resides at the West end of the parking lot at the start the Blvd Trolley Path.

Mile 3: Facing West at the leading edge of the rear entrance driveway of the corner house of N Crane and E Shore Rd **AFTER** Utility Pole UP40027MTL.

Finish: Facing slightly SouthWest almost perfectly **INLINE** with the FH that resides between 172 & 176 East Shore Rd 9ft 6in **BEFORE** Utility Pole 40032MNL 5610 819 298 (side #), (same location as start).

Notes: All roadways will be closed to traffic on the day of the event with the exception of the **BOULEVARD**. This course was measured along the full width of the road/path and the Shortest Possible Route (SPR).



Map *is not*
drawn to Scale

Measured: 6-4-25

Measurer: Ross Mistretta

Phone: 917-597-5857

Email: rmistret@gmail.com