



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

Measurement Certificate



Name of the course LHYMCA - Turkey Trot 5K 2025 Distance 5 km

Location (state) NJ (city) Mountain Lakes

Type of course: Road Race

Measuring Methods: Bicycle

Measured By Matt Slocum, PO Box 3005, Montclair, NJ 07043, matt@precisioncoursedesign.com, 917-725-1709

Race Contact Katie Burke, Lakeland Hills Family YMCA | katieb@lhymca.com | 973-334-2820

Date(s) when course measured: 08/10/2025

Number of measurements of entire course: 2 Course Configuration: loop

Elevation (meters above sea level) Start 150.00 Finish 150.00 Lowest 144.00 Highest 169.00

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: August 10, 2025 Certification code: NJ25032MNS

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: August 10, 2025

Matt Slocum - USATF/RRTC Certifier - PO Box 3005, Montclair NJ 07043
(917) 725-1709 - matt@precisioncoursedesign.com

LHYMCA - Turkey Trot 5K 2025

Mountain Lakes, New Jersey

