



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



Name of the course \_\_\_\_\_ Distance \_\_\_\_\_

Location (state) \_\_\_\_\_ (city) \_\_\_\_\_

Type of course: road race calibration track Configuration: \_\_\_\_\_

Type of surface: paved \_\_\_\_\_ % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %

Elevation (meters above sea level) Start \_\_\_\_\_ Finish \_\_\_\_\_ Highest \_\_\_\_\_ Lowest \_\_\_\_\_

Straight line distance between start & finish \_\_\_\_\_ Drop \_\_\_\_\_ m/km Separation \_\_\_\_\_ %

Measured by (name, address, phone & e-mail) \_\_\_\_\_

Race contact (name, address, phone & e-mail) \_\_\_\_\_

Measuring Methods: bicycle steel tape electronic distance meter

Number of measurements of entire course: \_\_\_\_\_ Date(s) when course measured: \_\_\_\_\_

Race date: \_\_\_\_\_ Course certification effective date: \_\_\_\_\_

Certification code: \_\_\_\_\_

Notice 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.

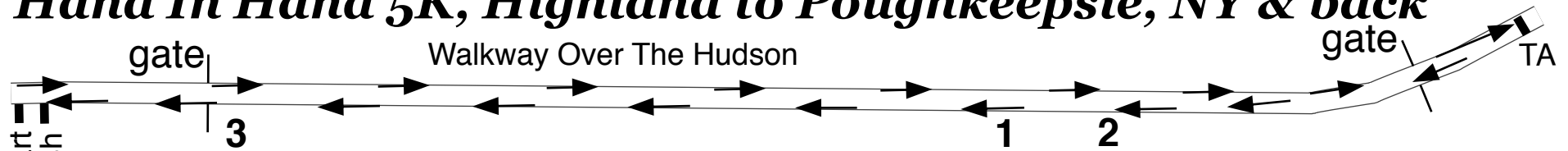
**Verification of Course** — In the event a National Open Record is set on this course, or at the discretion of USA Track & Field, a verification remeasurement may be required to be performed by a member of the Road Running Technical Council. If such a remeasurement shows the course to be short, then all pending records will be rejected and the course certification will be cancelled.

***This certification expires on December 31 in the year***

**AS NATIONALLY CERTIFIED BY:**

\_\_\_\_\_  
Date: \_\_\_\_\_

# Hand In Hand 5K, Highland to Poughkeepsie, NY & back



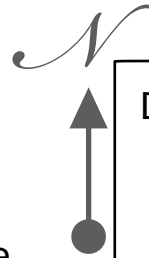
Access start/finish area via Havilland Rd (Highland) parking lot. Turnaround (TA) accessible via Parker Ave (Poughkeepsie) parking lot. Start on Hudson Valley Rail Trail in line with a sole tree which has two man-hole covers S of it, 4.8' E of Highland Station info kiosk post and 73.1' W of finish line in line with wooden fence corner post. Head E from rail trail onto concrete Walkway Over The Hudson, turn around 2.3' W of centerline of nearest post of historic info kiosk on north side of trail immediately W of western gate for paved parking lot. TA is 22.5' W of centerline of easternmost post of same kiosk. Mile splits. Looking eastward at railing posts on S side of the Walkway, see number near top of posts. Cartoon pig-themed duct tape has been used on the base and top of each railing to mark mile locations. Mile 1 is 1.9' west of post 0634. Mile 2 is 0.5' west of post 0731. Mile 3 is 4.2' west of post 0002. Post 0001 is at Highland gate for the Walkway Over The Hudson. PK nails at Start, Finish, TA.



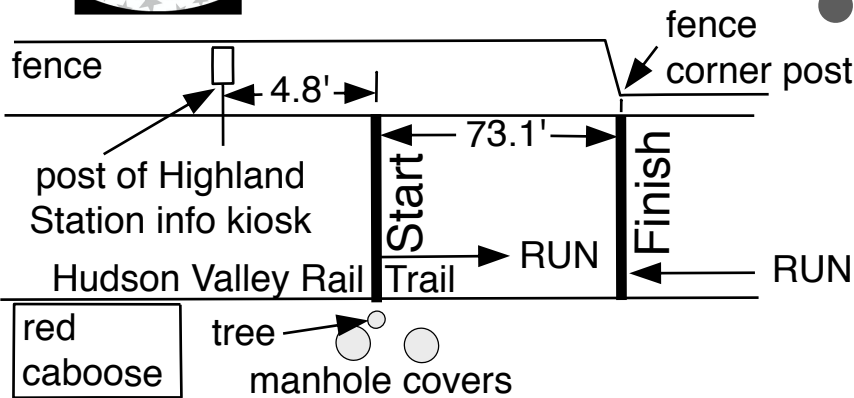
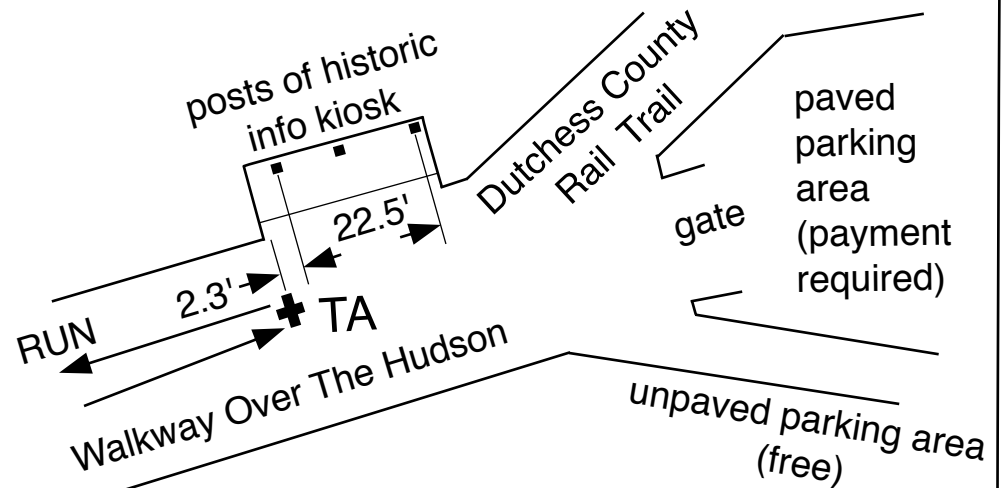
## USATF Certificate

NY14149JG

Effective: 12/11/2014  
through 12/31/2024



### Detail map of turnaround on Poughkeepsie side



Havilland Rd parking lot

USATF map & measurements by Brian Cavanagh  
[www.sullivanstriders.org/brians\\_sites.htm](http://www.sullivanstriders.org/brians_sites.htm) abcav@me.com

*Ortelius Education Edition*