

Claremore Lake Trail 5K
Claremore, Oklahoma

*NOTE*MAP NOT TO SCALE*

USATF Certification
OK13024DG

Effective
03-29-13 to 12-31-23

TURN

On Claremore Lake Trail on west side of soccer fields. 2.80 meters south of center of 1st light pole on west side of trail north of Trail Head, or 11 meters south of base of 1st park bench north of Trail Head on east side.

START/FINISH

At 21st seam in Claremore Lake Trail north of south Trail Head, or 9.30 meters north of north end of north walk to bench area on east side.

ELEVATIONS:

Start - 189 meters
Finish - 189 meters
High - 204 meters
Low - 185 meters

COURSE DESCRIPTION:

Start at 21st seam in trail north of south trailhead & follow trail north then west & then north of soccer fields. Continue south to the TURN north of parking just east of Sioux Ave. Turn & follow same course back to the start/finish.

NO RESTRICTIONS!!

SPLITS:

1km & 4km - (after crossing bridge) 21.30 meters past or north of north side of park road.
2km & 3km - 95.9 meters east of center of raised sanitary sewer on north side of soccer fields.

#912 03 13 Coneil & Robert
glensracing @ cox.net



Road Running Technical Council
USA Track & Field
Measurement Certificate

recognized by



Name of the course Claremore Lake Trail 5K Distance 5 km
Location (state) Oklahoma (city) Claremore
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Out-and-Back
Type of surface: paved 100 % dirt % gravel % grass % track %
Elevation (meters above sea level) Start 189 m Finish 189 m Highest 204 m Lowest 185 m
Straight line distance between start & finish 0.0 m Drop 0.0 m/km Separation 0.0 %
Measured by (name, address, phone & e-mail) Coneil Lafarlette, 263 E. 45 Pl.,

Tulsa, OK 74105-4403 (918)744-0339 glensracing@cox.net

Race contact (name, address, phone & e-mail) Jamie Schilt, P.O. Box 1214, Talihina, OK 74571
(918) 694-2469

Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐

Number of measurements of entire course: 2 Date(s) when course measured: Mar. 28, 2013

Race date: May 4, 2013 Course certification effective date: Mar. 29, 2013

Certification code: OK13024DG

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

2023

AS NATIONALLY CERTIFIED BY:



Date: Apr. 10, 2013

Don Garrett – USATF/RRTC National Certifier

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