



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



Name of the course Ashenfelter 8K 2025 Pre-Verified Distance 8 km  
Location (state) NJ (city) Glen Ridge  
Type of course: Road Race  
Measuring Methods: Bicycle  
Measured By Matt Slocum, 199 N Fullerton, Montclair, NJ 07042, precisioncoursedesign@gmail.com, 917-725-1709  
Race Contact Staci Siconolfi-Lymperopoulos, CompuScore, staci@compuscore.com  
Date(s) when course measured: 05/28/2023, 12/20/2024  
Number of measurements of entire course: 2 Course Configuration: complex of different loops  
Elevation (meters above sea level) Start 57.00 Finish 59.00 Lowest 56.00 Highest 77.00  
Straight line distance between start and finish 160.37m Drop -0.25 m/km Separation 2.00 %  
Type of surface: Paved 100 % Dirt 0 % Gravel 0 % Grass 0 % Track 0 %  
Effective date of certification: December 21, 2024 Certification code: NJ23002MNS

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:*** **2033**

**AS NATIONALLY CERTIFIED BY:**

Date: December 21, 2024

Matt Slocum - USATF/RRTC Certifier - 199 N Fullerton, Montclair NJ 07042  
(917) 725-1709 - precisioncoursedesign@gmail.com



**USATF Certificate**

NJ23002MNS  
Effective: 12/21/2024  
Through: 12/31/2033



WA & AIMS Certified  
USA-2024-392  
Certification Expires Dec 31/2029

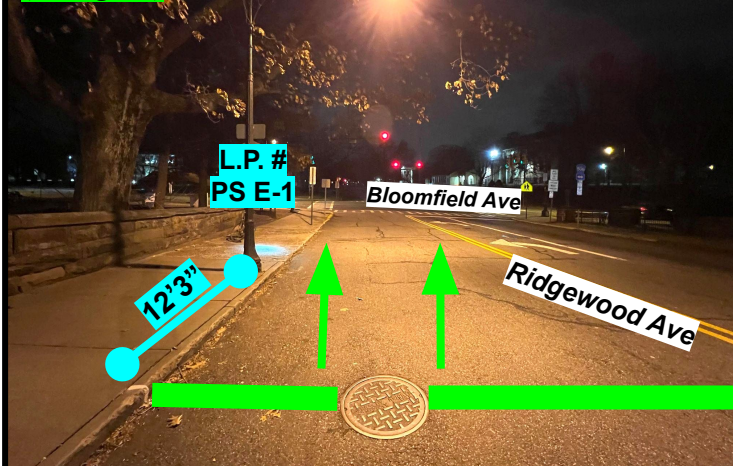
# Ashenfelter 8K 2025 Pre-Verified

*Glen Ridge, New Jersey*

## START DETAIL

(facing NE)

*\*full width of the road is available at the start*



**START:** On Ridgewood Ave, just S of Bloomfield Ave. 9.5 inches S of the N edge of the "Berkeley Heights Sanitary Sewer" manhole cover on the W side of the road. 12'3" before (SW of) the center of the first lamppost (#PS E-1) on the runners' left (W side) before (S of) the traffic signal at the SW corner of the intersection.

## FINISH DETAIL



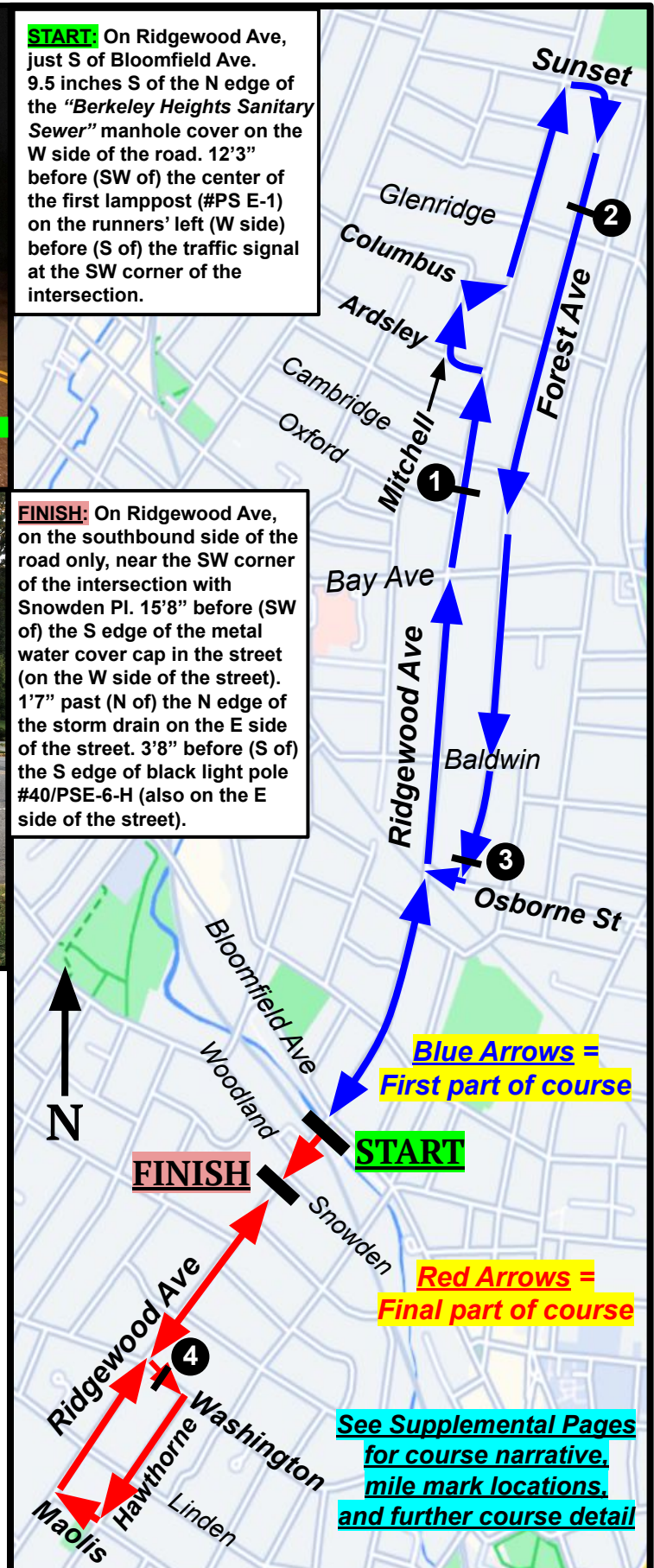
**FINISH:** On Ridgewood Ave, on the southbound side of the road only, near the SW corner of the intersection with Snowden Pl. 15'8" before (SW of) the S edge of the metal water cover cap in the street (on the W side of the street). 1'7" past (N of) the N edge of the storm drain on the E side of the street. 3'8" before (S of) the S edge of black light pole #40/PSE-6-H (also on the E side of the street).

## COURSE RESTRICTIONS:

- Runners are restricted to the left side of the centerline (the northbound traffic lane(s)) when heading SW on Ridgewood Ave between the NW edge of the intersection with Woodland Ave and the left turn onto Washington St. Runners may not cross the centerline.
- On the final stretch approaching the Finish on Ridgewood Ave, runners are restricted to the left side of the centerline (the southbound traffic lane(s)), starting from the southernmost edge of the painted stop line in the S-bound lanes of Ridgewood Ave on the N side of the intersection with Washington St. This course restriction continues to the Finish.

Measured by Jane Parks, WA-A  
+ Matthew Slocum, WA-B  
28 May 2023 + 20 December 2024  
precisioncoursedesign@gmail.com

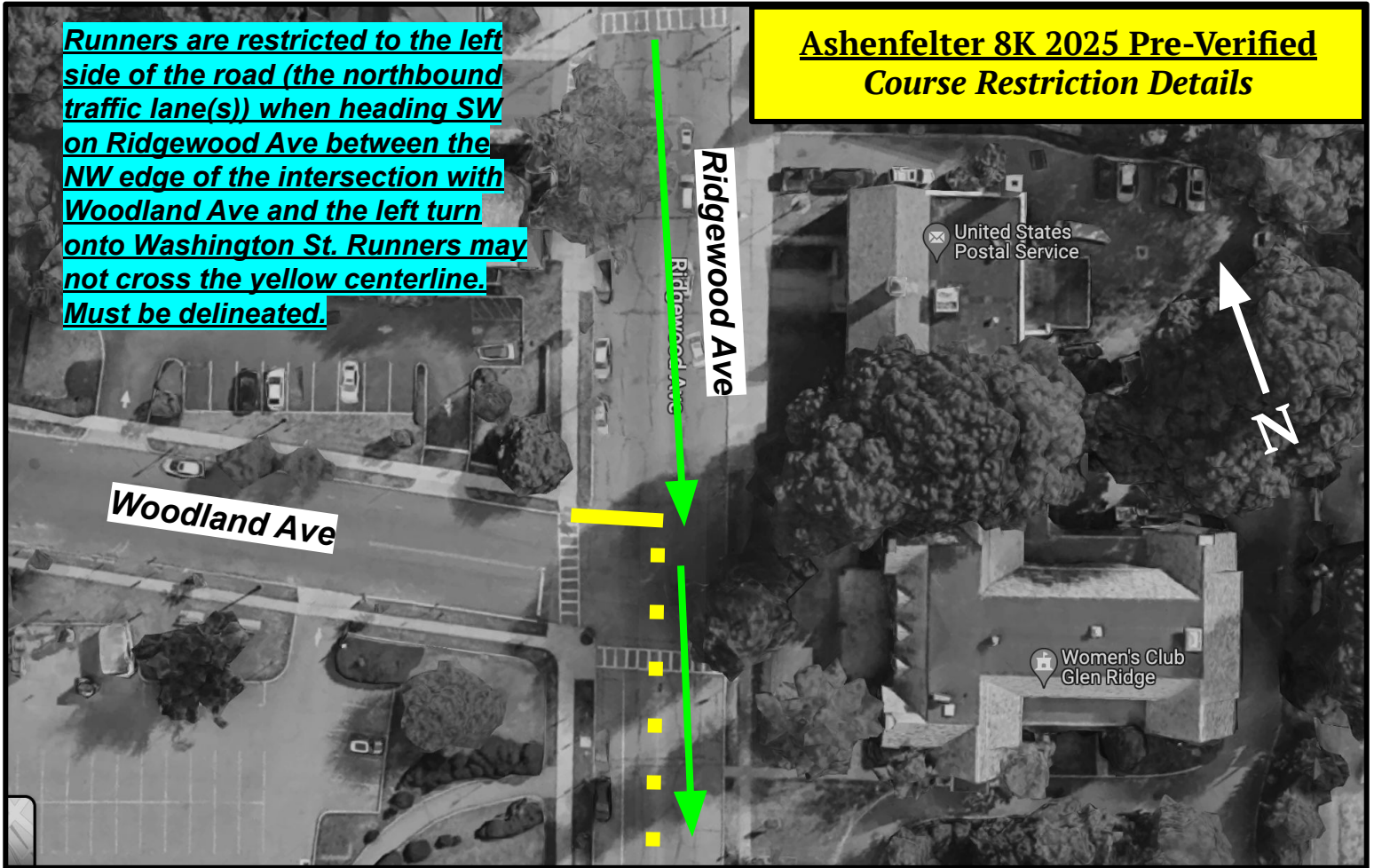
Except as noted in Course Restrictions, this course was measured using the full width of the road and the shortest possible route.



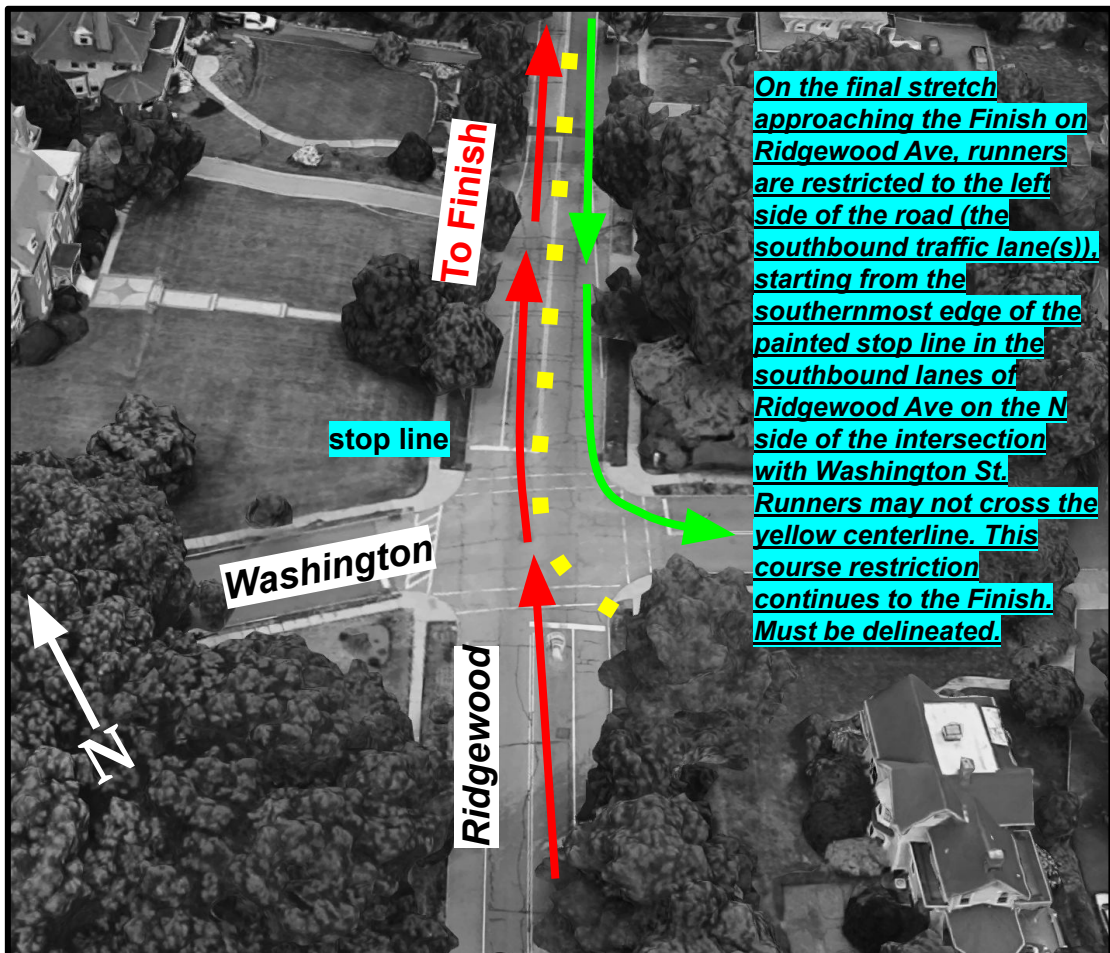


## Ashenfelter 8K 2025 Pre-Verified Course Restriction Details

Runners are restricted to the left side of the road (the northbound traffic lane(s)) when heading SW on Ridgewood Ave between the NW edge of the intersection with Woodland Ave and the left turn onto Washington St. Runners may not cross the yellow centerline. Must be delineated.



On the final stretch approaching the Finish on Ridgewood Ave, runners are restricted to the left side of the road (the southbound traffic lane(s)), starting from the southernmost edge of the painted stop line in the southbound lanes of Ridgewood Ave on the N side of the intersection with Washington St. Runners may not cross the yellow centerline. This course restriction continues to the Finish. Must be delineated.





## **Ashenfelter 8K 2025 Pre-Verified** ***Course Narrative and Mile Mark Locations***

**START:** On Ridgewood Ave, just S of the intersection with Bloomfield Ave. Even with the “*Berkeley Heights Sanitary Sewer*” manhole cover on the W side of the road. More specifically, 9.5 inches S of the N edge of said manhole cover and 12’3” before (SW of) the center of the last lamppost (#PS E-1) on the runners’ left (W side) before (S of) the traffic signal at the SW corner of the intersection with Bloomfield Ave. Said lamppost has a blue and yellow sign affixed to it, which reads “SOUTH | Essex County 653”.

**Mile 1:** On Ridgewood Ave, between Oxford St and Cambridge Rd. Roughly even with the leading (S) edge of house #425 Ridgewood Ave (on the runners’ right). 20 feet before (S of) the green lamppost on the runners’ left.

**Mile 2:** On Forest Ave, near the trailing (S) end of house #284 and the N end of the Forest Ave School. 40 feet before (N of) the green lamppost on the runners’ right (W side).

**Mile 3:** On Forest Ave, just before (N of) the intersection with Osborne St. Even with the trailing (S) edge of the front door for house #15, which is on the runners’ left (E side).

**Mile 4:** On Washington St, 10 feet before (W of) the round metal water cap in the grass (between the sidewalk and the street) in front of house #304 Washington. Said house is on the runners’ right (S side) and is the first house after (E of) the corner house on the SE corner of Washington and Ridgewood.

**FINISH:** On Ridgewood Ave, on the southbound side of the road only, near the SW corner of the intersection with Snowden Pl. 15’8” before (SW of) the S edge of the metal water cover cap in the street (on the W side of the street). 1’7” past (N of) the N edge of the storm drain on the E side of the street. 3’8” before (S of) the S edge of black light pole #40/PSE-6-H (also on the E side of the street).

### **Course Narrative:**

*Start running NE on Ridgewood Ave. L onto Ardsley Rd. R onto Mitchell Pl. R onto Columbus Ave. L onto Ridgewood Ave. R onto Sunset Ave. R onto Forest Ave. R onto Osborne St. L onto Ridgewood Ave. **Course Restriction on Ridgewood Ave between Woodland Ave and Washington St—please see course map and additional supplemental detail page.** L onto Washington St. R onto Hawthorne Ave. R onto Maolis Ave. R onto Ridgewood Ave. **Course Restriction on Ridgewood Ave between Washington St and the Finish—please see course map and additional supplemental detail page.** Follow Ridgewood Ave to the Finish.*