

Ashenfelter 8K 2023 Pre-Verified

Glen Ridge, NJ

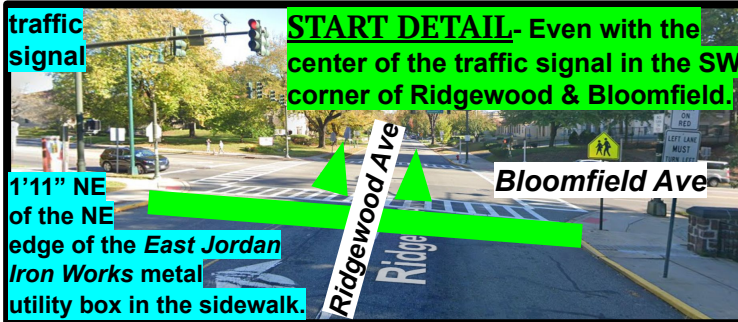


USATF Certificate

NJ23034JLW

Effective: 06/01/2023

Through: 12/31/2033



COURSE RESTRICTIONS-

1. Runners are restricted to the left lane respectively (the northbound traffic lane on the E side of the road) when heading SW on Ridgewood Ave between the NW edge of the intersection with Woodland Ave and the intersection with Washington St. Runners may not cross the center line in the road.
2. On the final stretch approaching the Finish on Ridgewood Ave, runners are restricted to the left lane respectively (the southbound traffic lane on the W side of the road), 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 | precisioncoursedesign@gmail.com

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





Ashenfelter 8K 2023 Pre-Verified ***Course Narrative and Mile Mark Locations***

START-On Ridgewood Ave. Even with the center of the green traffic signal at the SW corner of the intersection with Bloomfield Ave. 1'11" past (NE of) the NE edge of *East Jordan Iron Works* metal utility box in the sidewalk on the W side of Ridgewood Ave near the SW corner of the intersection with Bloomfield Ave. Marked with MagNail.

Mile 1-On Ridgewood Ave just before (S of) Cambridge. Even with the center of the driveway for #425 Ridgewood Ave on the right. This driveway is N of the house (between #425 and #429) and is the last driveway on the R (E side of the street) before (S of) the intersection with Cambridge.

Mile 2- On Forest Ave near the S end of house #282. 32'5" after (S of) the green gaslight on the right (W) side of the street near the driveway for #282 Forest. Even with the tree on the left that is just after (S of) the walkway to the street from the main entrance for the Forest Ave School. 18'8" before (N of) the N edge of the manhole cover in the center of the street. 282 Forest Ave is the first house N of the corner house at the NW corner of Forest/Glenridge.

Mile 3- On Forest Ave just before (N of) the intersection with Osborne. 3 feet after (S of) the S edge of the storm drain between #18 Forest & #12 Forest. 33'6" before (N of) the N edge of the storm drain on Forest at the NW corner of the intersection with Osborne.

Mile 4- On Washington St. Even with the E end of the driveway for #304 Washington on the right (S) side of the street. This is the first house after (E of) the corner house on the SE corner of Washington and Ridgewood. 10 feet before (W of) the W edge of the walkway to the street for house #301 Washington on the left (N) side of the street.

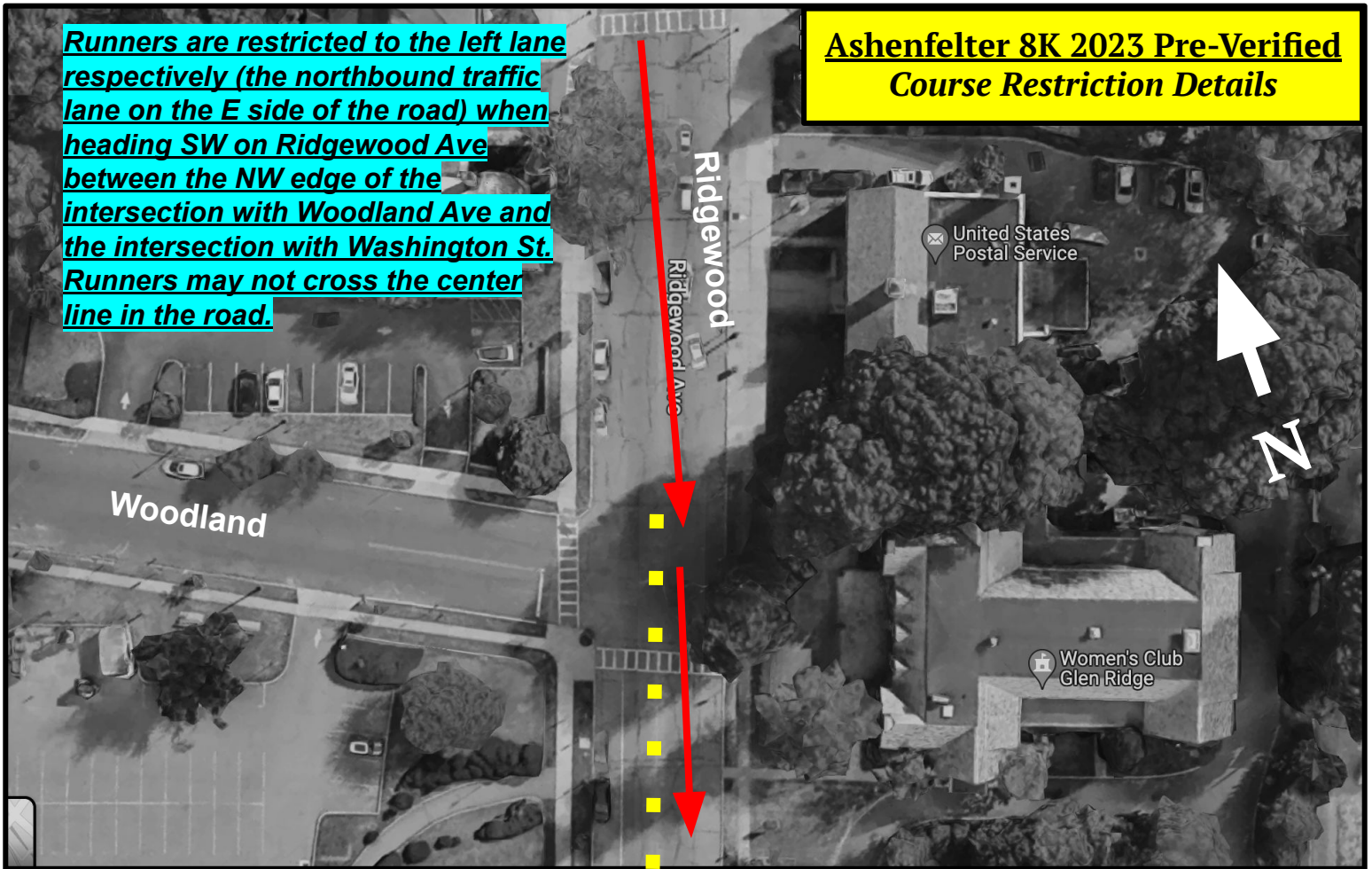
FINISH- On Ridgewood Ave, on the left (W) side of the street between Snowden and Woodland. 2'6" after (NE of) the *Women's Club of Glen Ridge* sign on the right (E) side of the street. 13'6" after (NE of) the red fire hydrant #100 (also on the E side of the street). 19'8" before (SW of) the circular metal gas cap in the grass on the left (W) side of street. Marked with MagNail.

Course Narrative-

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

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