

A 5,000 Meter Run Oklahoma City, Oklahoma

This 5,000 kilometer road course was measure on May 15, 2007 by Don Garrett. He followed direction and guidance from the Road Running Technical Council (RRTC), USATF in his measurement. The Shortest Possible Route (SPR) was followed using the whole roadway. Kilometer splits are approximate. Start, Finish and Turn around point are exact. Don Garrett, Oklahoma City, OK is the National Certifier/Approving Authority.

