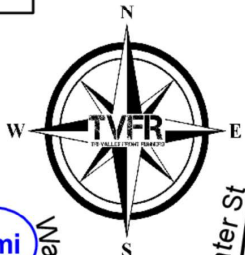


Get Fit in May 5k Exeter, NH

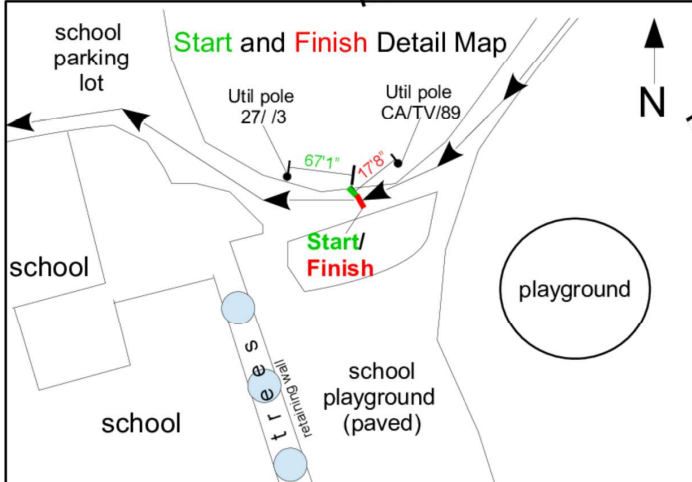
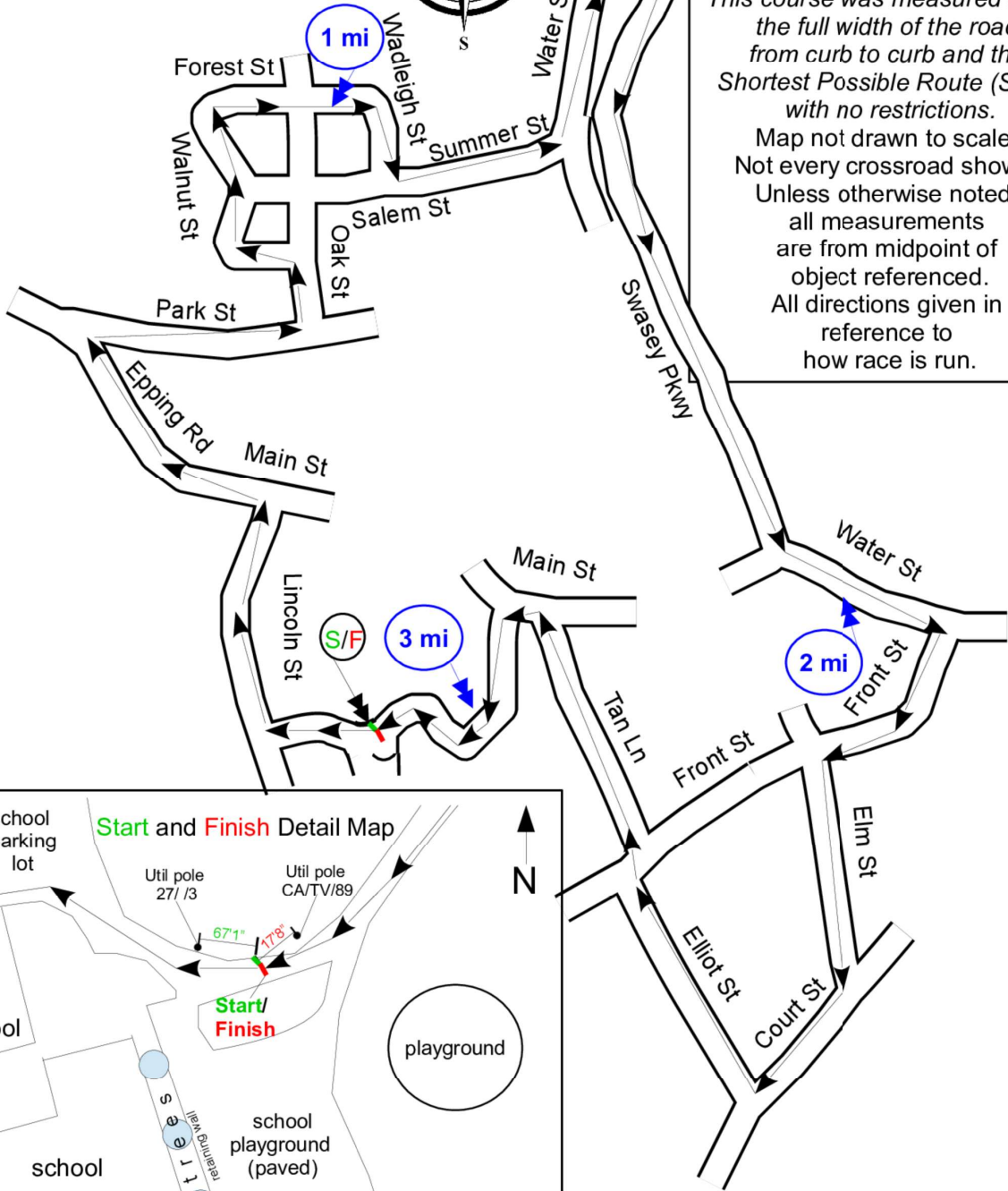


USATF Certificate
NH25012JK
Effective: 03/30/2026
Through: 12/31/2035



Originally Measured 02AUG2025
Adjusted 25MAR2026
by Mark Capparella
Tri-Valley Front Runners (TVFR)
email: mark.capparella@tvfr.run
Cell: 508 740 7836

NOTES
This course was measured using the full width of the road from curb to curb and the Shortest Possible Route (SPR) with no restrictions. Map not drawn to scale. Not every crossroad shown. Unless otherwise noted, all measurements are from midpoint of object referenced. All directions given in reference to how race is run.



Get Fit in May 5k (Exeter, NH) Course Description including Start(S) and Finish (F) Details and Mile Marker Locations

NOTES: Descriptions given in reference to how course is run. Unless otherwise indicated, all measurements are made from mid-point of referenced item(s)

START (S) DETAIL: Start point is along the access road adjacent to and north of the paved playground behind (to the east of) the Lincoln Street Elementary School in Exeter, NH. It is 17 feet, 8 inches after utility pole CA/TV/89 and 67 feet, 1 inch before utility pole 277 /3. It is marked with a PK nail, washer, and paint.

FINISH DETAIL: Finish point is coincidental with Start point and is along the access road adjacent to and north of the paved playground behind (to the east of) the Lincoln Street Elementary School in Exeter, NH. It is 17 feet, 8 inches after utility pole CA/TV/89 and 67 feet, 1 inch before utility pole 277 /3. It is marked with a PK nail, washer, and paint.

Start as per **START DETAIL** heading west along the access road adjacent to the school parking lot toward Lincoln St.

Turn RIGHT onto Lincoln St.

Turn LEFT onto Main St.

Bear RIGHT onto Epping Rd.

Turn sharp RIGHT onto Park St.

Turn LEFT onto Oak St.

Turn LEFT onto Walnut St.

Turn RIGHT onto Forest St.

MILE 1 is on Forest St. just after crossing Oak St. It is 16 feet, 1 inch before utility pole 76/5 (4) and 23 feet, 4 inches after trailing edge of storm grate in front of driveway for 23 Oak St. It is marked with a "1" in paint.

Turn RIGHT onto Wadleigh St.

Turn LEFT onto Salem St. Salem St. becomes Summer St.

Bear LEFT at the end of Summer St. onto Water St. (NH-85)

Turn sharp RIGHT onto Swasey Pkwy.

Turn LEFT onto Water St. (NH-27)

MILE 2 is on Water St. (NH-27) is in front of Soleils Salt Cave and is 62 feet, 4 inches after Citizens Bank clock. It is marked with a "2" in paint.

Turn RIGHT onto Front St. (NH-108)

Turn LEFT onto Elm St.

Turn RIGHT onto Court St.

Turn RIGHT onto Elliot St.

Turn RIGHT onto Front St. (NH-111)

Turn LEFT onto Ten Ln.

Turn LEFT onto Main St. (NH-27)

Turn LEFT into parking lot/drive for playground before Main Street Elementary School.

Mile 3 is on school drive and is 64 feet, 5 inches after edge of crosswalk at Main Street Elementary School playground entrance. It is marked with a "3" in paint.

Follow school drive back to Lincoln Street School to **Finish** as per **FINISH DETAIL**.