



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



Name of the course Pulse 5K Distance 5 km
Location (state) NY (city) Clarence
Type of course: Road Race
Measuring Methods: Bicycle
Measured By Jeff John - Box 608 - Amherst, NY 14226 - (716) 982-4779 - RaceMeasure@BuffaloRunners.com
Race Contact John Leamer - (716) 984-5164 - jhLeamer@yahoo.com
Date(s) when course measured: 05/15/2025
Number of measurements of entire course: 2 Course Configuration: keyhole (out/loop/back)
Elevation (meters above sea level) Start 192.33 Finish 193.85 Lowest 188.67 Highest 202.69
Straight line distance between start and finish 83 m Drop -0.30 m/km Separation 1.66 %
Type of surface: Paved 100 % Dirt 0 % Gravel 0 % Grass 0 % Track 0 %
Effective date of certification: June 12, 2025 Certification code: NY25004JJ

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: **2035**

Jeffrey D John

AS NATIONALLY CERTIFIED BY:

Date: June 13, 2025

Jeff John - USATF/RRTC Certifier - Box 608, Amherst NY 14226
(716) 982-4779 - RaceMeasure@BuffaloRunners.com

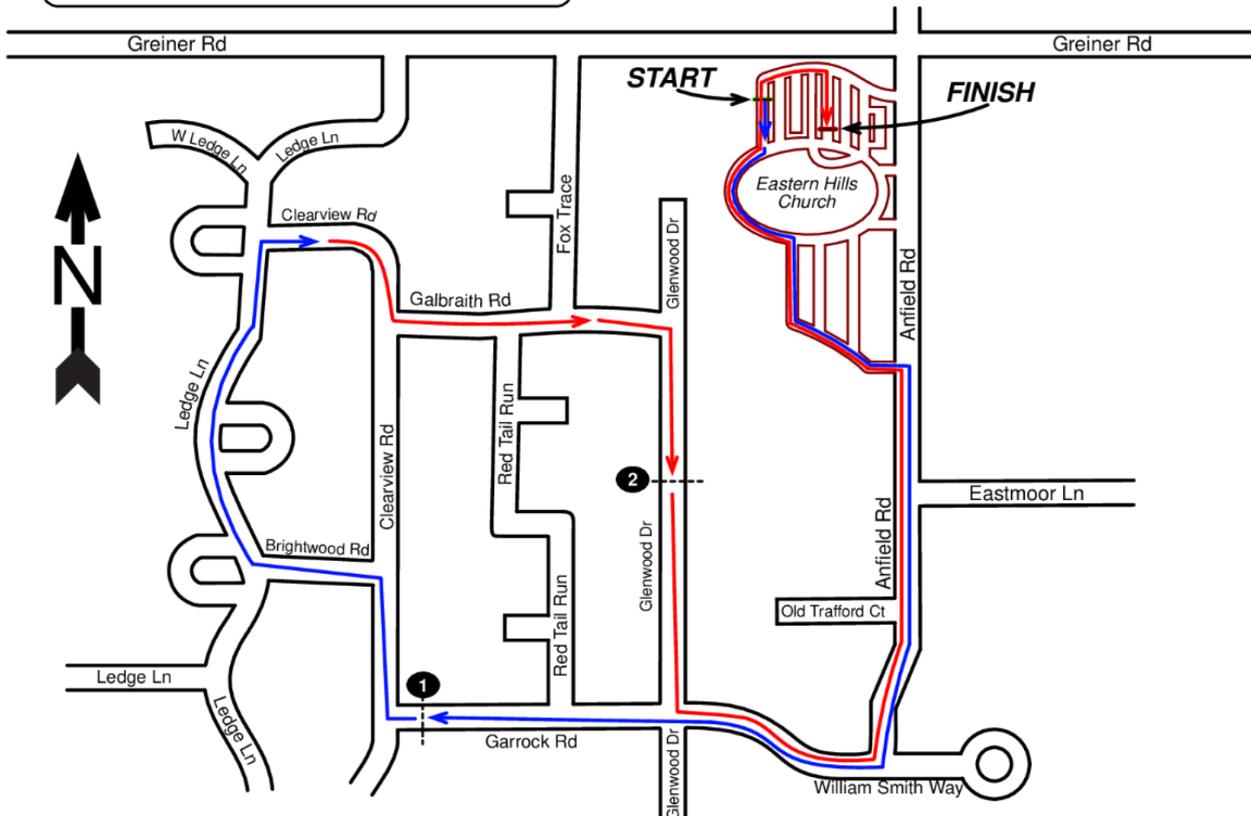
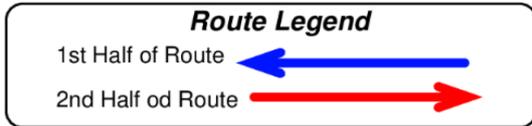


USATF Certificate

NY25004JJ
 Effective: 06/12/2025
 Through: 12/31/2035

Pulse 5K
 Clarence, NY

Course Distance:	5 Km
Date Measured:	May 15, 2025
Measured By:	Jeff John, BuffaloRunners.com
Calibration Course:	NY16011JJ, ECCN
Notes:	This course was measured using the full width of the road and the Shortest Possible Route (SPR).



START, FINISH, and Mile Split Locations

START In the N-W corner of Church north Parking Lot, west-most lane, on the 8th parking space stripe on the right, looking north, counted from the island to the north, and at the 11th parking space stripe from the north and on the left or west side of the lane, and 106' south of the curb at the northern-most edge of parking lot.

1 MILE On Garrock Rd, 5' east of the west edge of driveway at 4917 Garrock Rd, and 69' east of intersect with Clearview Dr.

2 MILE At the mailbox of 5030 Glenwood Dr.

3 MILE Same exact location as the Start Line.

FINISH In the 4th parking lane from the east edge of the north lot, 70' south of flag pole, and 59' north of the east-west driving lane to the south, and between parking space lines 4 and 5 on left side, looking north, when counting up from the south edge of the lane to the north, and 52' 1" north of the center of the circular man hole cover in the grass island to the south.

