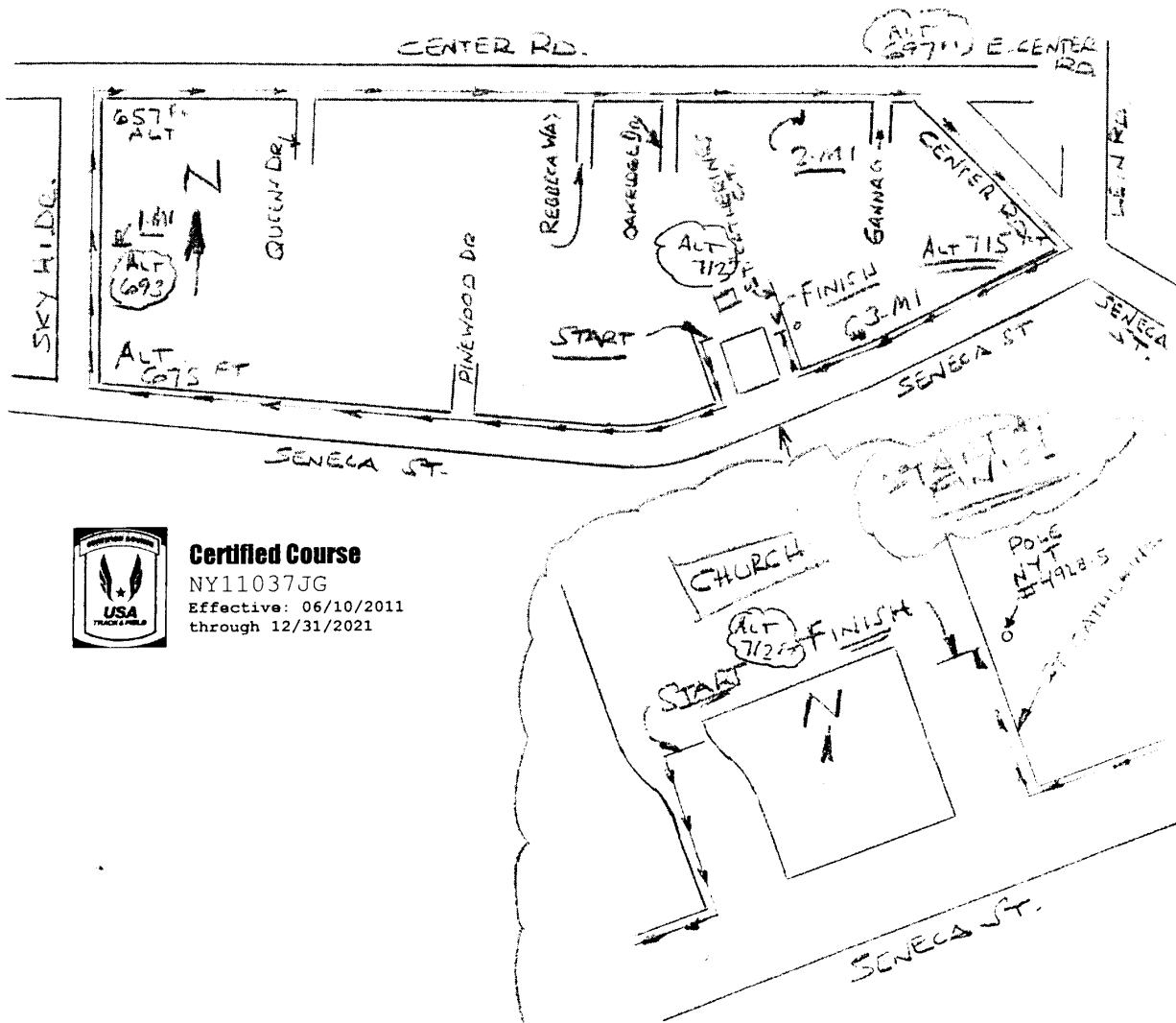


## RUN FOR LIFE 5K RUN & WALK WEST SENECA, NEW YORK

Distance: 5K  
Measured: June 8, 2011

Race Director: Monica Orzechowski  
By: Bob Laskowski

- Erie Basin Marina 1000 foot calibration course used.
- Runners have access to entire road surface to allow shortest distance.
- All reference points marked with 2" PK(Parker-Kalon) nails, then sprayed with orange fluorescent paint.
- START: On West driveway of Life Church (see map).
- 1-MILE: In front of 119 Sky Hi Dr.
- 2-MILE: In front of 4977 Center Rd.
- 3-MILE: In front of 1638 Seneca St.
- FINISH: On East driveway of Life Church, directly in line with NYT Pole # 4928-5 (see map).



**Certified Course**  
NY11037JG  
Effective: 06/10/2011  
through 12/31/2021



Road Running Technical Council  
USA Track & Field

# Measurement Certificate

recognized by



Name of the course Run for Life 5K Run/Walk Distance 5 km  
Location (state) NY (city) West Seneca  
Type of course: road race ☒ calibration ☐ track ☐ Configuration: partial loop  
Type of surface: paved 100 % dirt - % gravel - % grass - % track - %  
Elevation (feet above sea level) Start 712 Finish 712 Highest 715 Lowest 657  
Straight line distance between start & finish 250' Drop 0.0 m/km Separation 1.52 %  
Measured by (name, address, phone & e-mail) Bob Laskowski, 205 Brookwood, Hamburg, NY  
14075; 716-308-8687; buffbob254@aol.com  
Race contact (name, address & phone) Monica Orzechowski, 39 Hillvalley Dr., Lancaster,  
NY 716-864-4571  
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐  
Number of measurements of entire course: 2 Date(s) when course measured: June 8, 2011  
Race date: September 17, 2011 Course certification effective date: June 10, 2011  
Replaces: n/a (if applicable) Certification code: NY11037JG

Notice 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.

**Validation of Course** — In the event a National Open Record is set on this course, or at the discretion of USA Track & Field, a validation remeasurement 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 in the year

2021

### AS NATIONALLY CERTIFIED BY:

Digitally signed by James Gilmer  
DN: cn=James Gilmer, o, ou, email=jim.gilmer@gmail.com, c=US  
Date: 2011.06.11 12:39:23 -04'00'

Date: June 10, 2011

James A. Gilmer, USATF/RRTC Regional Certifier, New York  
232 Van Wies Point Rd., Glenmont, NY 12077-4222 • 518-427-9374 • jim.gilmer@gmail.com

NY11037JG