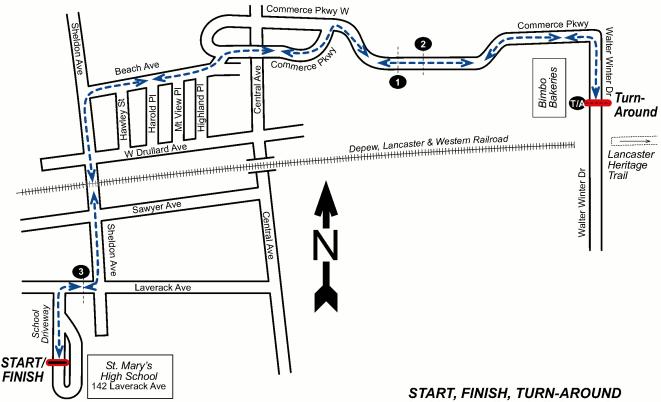
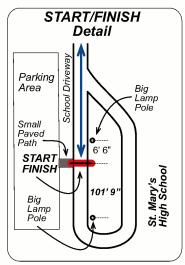
St. Mary's 5K Lancaster, NY

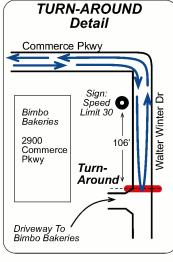


Maps Not To Scale. The 5K route is an Out-And-Back course.

Course Distance:	5 Km
Date Measured:	June 30, 2018
Measured By:	Jeff John
-	BuffaloRunners.com
A !!! !! A	
Calibration Course:	NY16017JJ







And Intermediate Split Locatoins

START On the St Mary's School main entrance drive, exactly at the expansion joint in the curb near the middle of the black asphalt path connecting parking lot and driveway, and 6' 6" south of a big un-numbered lamp pole, and 101' 9" north of a big un-numbered lamp pole.

1 MILE 1000 Commerce Pkwy ("Delta Printing, Inc."), 72' 8" past (east of) Big Lamp Pole # 6.

TURN-AROUND On Waltter Winter Dr at the north edge of the Bimbo Bakeries driveway, and 106' south of sign "SPEED LIMIT 30".

2 MILE Mid-way between 1600 Commercial Pkwy ("Glauber Development Corp.") and 1400 Commercial Pkway ("Power Mole Sales"), and at the steel drainage grate.

3 MILE On Laverick Ave between Sheldon Ave and the school's main entrance driveway, and 12' before (east of) Pole # NYSE&G 279 NYT 19.

FINISH Exact same location as the start line.



Road Running Technical Council USA Track & Field Measurement Certificate



Name of the course	St. Mary's 5K				nce	5 km		
Location (state)	NY	NY (city)		Lanc	aster			
Type of course: road race \(\subseteq \) calibration course \(\subseteq \) Measuring method: bicycle \(\subseteq \) steel tape \(\subseteq \) electronic distance meter \(\subseteq \) Measured by (name, address, phone & e-mail) \(\subseteq \subseteq \) Jeff\(\text{@BuffaloRunners.com} \)								
Race contact (name, add (716) 288-6713 Date(s) when course me	gmbcarter@g	mail.com						
Number of measuremen	ts of entire course: _	2 Course Cor	figuration:	Out And	Back (1 Tin	ne)		
Elevation (meters above	· · · · · · · · · · · · · · · · · · ·							
Straight line distance be	tween start & finish_	0.0 m	Drop0).0 m/km	Separation _	0%		
Type of surface: paved	d <u>100</u> % dirt	% grave	%	grass	% track	%		
Effective date of certific	ation:	July 1, 2018	Certific	cation code:	NY1801	9JJ		
				Race Director: U				
	Be It	Officially	Noted '	That				
in the map a dards adopted	amination of data pro ttached is hereby cer d by the Road Runnin omes void, and the co	tified as reasonably ng Technical Council	accurate in mea . If <i>any</i> changes	asurement accor	ding to the sta	an-		
of USA Trac the Road Ru	of Course — In the ek & Field, a verificat nning Technical Courds will be rejected as	ion remeasurement r ncil. If such a remea	nay be required surement shows	to be performed s the course to l	l by a member	of		
Thi	s certification ex	pires on Decem	ber 31 in the	e year 20	28			
AS NATIONALLY CERTIFIED BY:								
Jeffrey (John			Date:	July 1, 20	18		
Jeff John – USATF/R								
Box 608, Amherst NY	Y 14226	(716) 982-4779) Je	eff@BuffaloRu	nners.com			