



USATF Certificate

NY07094JG

Effective: 08/08/2014
through 12/31/2017

Holy Cross Cemetery 10K

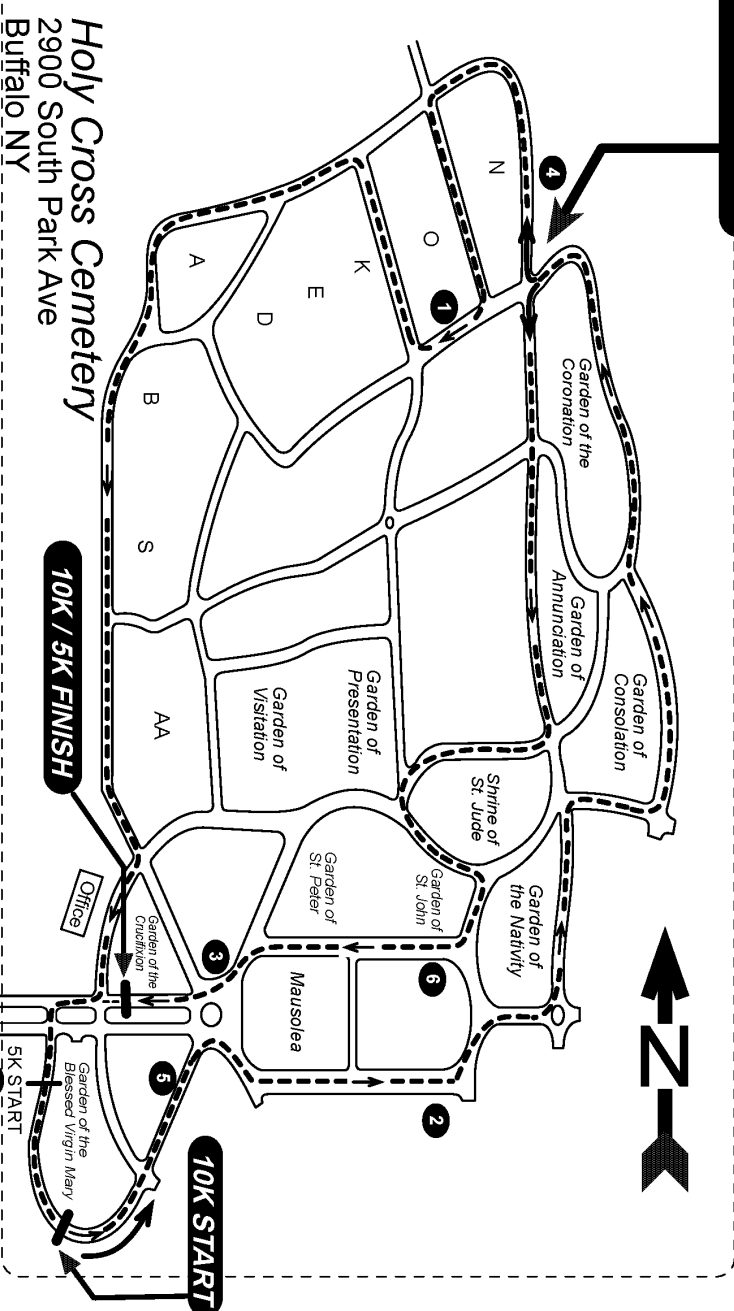
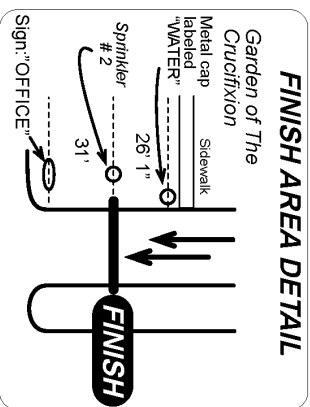
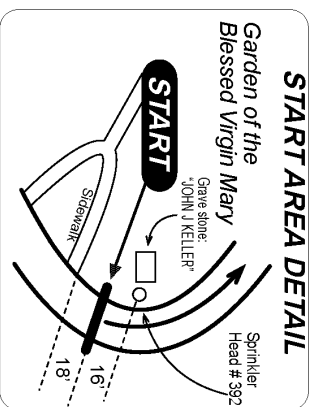
Lackawanna, NY

DISTANCE: 10 Km
Measured July 25, 2014
By Jeff John

Key Turn Decision Point:
This turn determines whether it is the "Long Lap" or the "Short Lap". Runners go north (turn to their RIGHT) for the long lap, runners go south (turn to their LEFT) for the short lap.

IMPORTANT NOTE: The 10K was created as a modification of 5K course NY07024JG. To attain 10K, runners cover the 5K course twice. To permit simultaneous running and have a shared FINISH LINE, the 10K must start 362.22 feet past the 5K start. The 5K is comprised of 1 "Long Lap" and 1 "Short Lap", therefore, the 10K must incorporate 2 Long Laps and 2 Short Laps. The splits listed presume a 4-lap 10K of: Long, Short, Long, Short.

"LONG LAP" = 1.7 miles
"SHORT LAP" = 1.4 miles



South Park Ave

START At the south edge of the "Blessed Virgin Mary" section and 18' past (east of) the sidewalk, and 16' before (west of) the marker for "JOHN J KELLER", and 16' before auto-sprinkler # 392.

FINISH On south edge of the "Garden of the Crucifixion" section and 26' 1" past (west of) metal "WATER" cap alongside the sidewalk, and 31' before (east of) the sign "OFFICE", and at sprinkler # 2.



Road Running Technical Council
USA Track & Field
Measurement Certificate



Name of the course Holy Cross Cemetery 10K Distance 10 km
 Location (state) NY (city) Lackawanna
 Type of course: road race calibration track Configuration: complex of loops
 Type of surface: paved 100 % dirt - % gravel - % grass - % track - %
 Elevation (meters above sea level) Start 180.0 Finish 180.0 Highest 190.0 Lowest 180.0
 Straight line distance between start & finish 152.0 m Drop 0.0 m/km Separation 1.5 %
 Measured by (name, address, phone & e-mail) Jeff John, PO Box 608 Amherst, NY 14226; 716-982-4779;
jeff@BuffaloRunners.com
 Race contact (name, address, phone & e-mail) Christy Missico, 11700 Commonwealth Dr Ste 500,
Louisville KY 40299; 716-634-2573; christy.missico@nmss.org
 Measuring Methods: bicycle steel tape electronic distance meter
 Number of measurements of entire course: 2 Date(s) when course measured: 4/25/2007 & 7/25/2014
 Race date: October 19, 2014 Course certification effective date: August 8, 2014
 Certification code: NY07094JG

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.

Verification of Course — In the event a National Open Record is set on this course, or at the discretion of USA Track & Field, a verification 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 2017

AS NATIONALLY CERTIFIED BY:

Digitally signed by James A. Gilmer
 DN: cn=James A. Gilmer, o=NY Regional Certifier, ou,
 email=jim.gilmer@gmail.com, c=US
 Date: 2014.08.12 20:04:04 -04'00'

Date: August 12, 2014

James A. Gilmer, USATF/RRTC Regional Certifier, New York | IAAF 'A' Measurer
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