

ROAD 2 RECOVERY 5K MENTAL HEALTH RUN

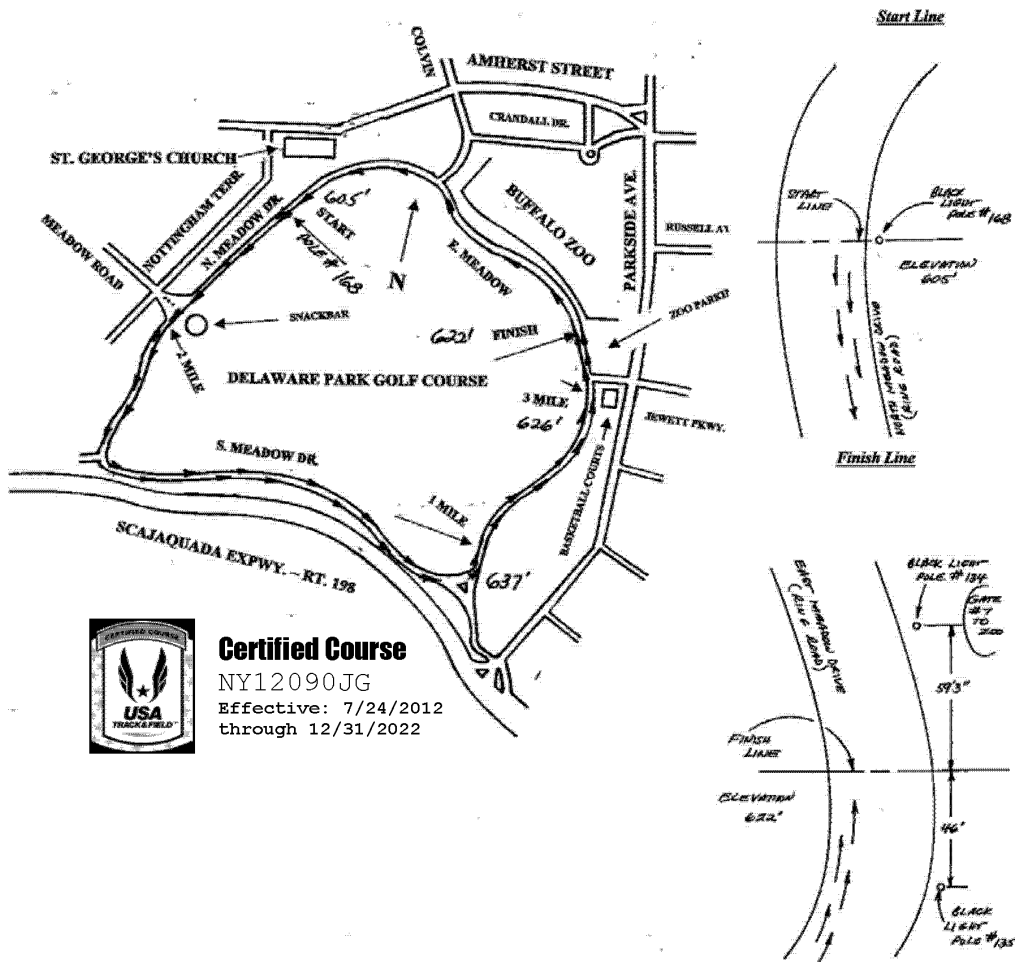
Buffalo, New York

RACE DISTANCE: 5 Km
MEASURED: July 23, 2012

Race Director: Heather McCarthy
BY: John J. Grandits

- Erie Community College 330.03604 meter calibration course used; NY11066JG
- Runners have access to the entire road surface to allow for the shortest distance.
- All reference points marked with 2" PK(Parker-Kalon) nails with plastic yellow washers attached to 2" X 2" wooden stakes.
- It will be the responsibility of the race director to re-reference the references each year.

Start: At black light pole # 168 on North Meadow Drive (Ring Road).
Mile 1: 73' 2" past black light pole # 17 on East Meadow Drive (Ring Road). Past green electrical box # 10.
Mile 2: 27' 9" before black light pole #176 on North Meadow Drive (Ring Road)
Mile 3: 13' 4" before black light pole # 154; or, 31' after stop sign at the intersection of Jewett Pkwy. and East Meadow Drive (Ring Road).
Finish: 59' 3" before black light pole #134; or, 46' after black light pole # 135 on East Meadow Drive (Ring Road).



Certified Course
NY12090JG
Effective: 7/24/2012
through 12/31/2022



Road Running Technical Council
USA Track & Field

Measurement Certificate



Name of the course Road 2 Recovery 5K Mental Health Run Distance 5 km
 Location (state) NY (city) Buffalo
 Type of course: road race calibration track Configuration: loop
 Type of surface: paved 100 % dirt - % gravel - % grass - % track - %
 Elevation (feet above sea level) Start 605 Finish 622 Highest 637 Lowest 605
 Straight line distance between start & finish 625' Drop -1.04 m/km Separation 3.81 %
 Measured by (name, address, phone & e-mail) John J. Grandits, 251 N. Ellicott Street,
Williamsville, NY 14221, (716) 634-5052, johnboyg42@aol.com
 Race contact (name, address & phone) Heather McCarthy, 135 Delaware Avenue, Suite 210,
Buffalo, NY 14202-2410; 716-883-3331
 Measuring Methods: bicycle steel tape electronic distance meter
 Number of measurements of entire course: 2 Date(s) when course measured: July 23, 2012
 Race date: June 28, 2013 Course certification effective date: July 24, 2012
 Replaces: n/a (if applicable) Certification code: NY12090JG

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 2022

AS NATIONALLY CERTIFIED BY:

James A. Gilmer

Date: 2012.07.28 15:45:44 -04'00'

Date: July 24, 2012

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