

# ECMC HEROES 5K RUN & HEALTH WALK BUFFALO, NEW YORK

Distance: 5K  
Measured: August 28, 2012

Race Director: Susan Gonzalez  
By: Bob Laskowski

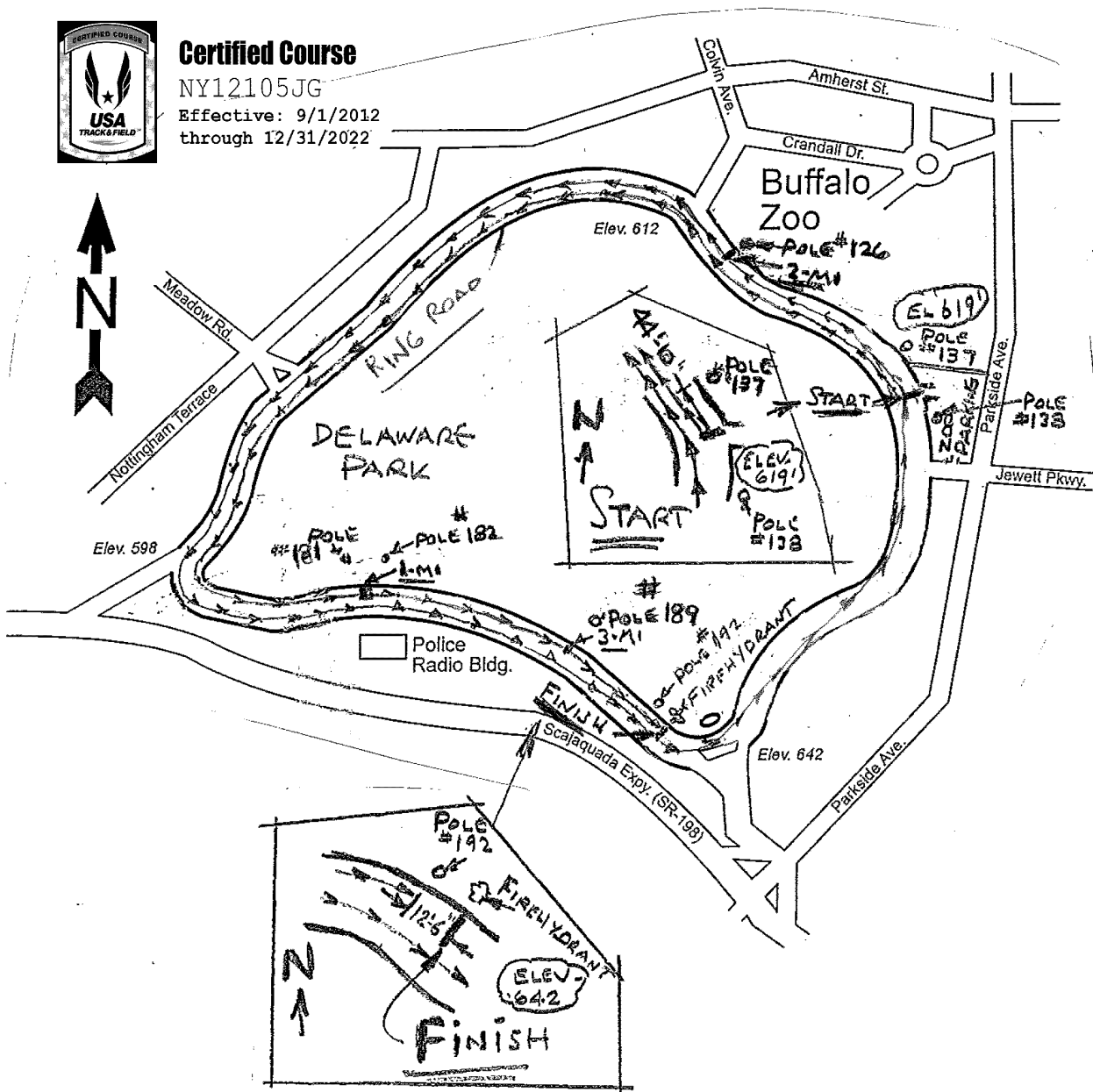
- Erie Basin Marina 1000 foot calibration course used.
- Runners have access to entire road surface to allow shortest distance.
- All reference points marked with 2" PK(Parker-Kalon) nails, then sprayed with orange fluorescent paint.
- START: on "Ring Road" 44' 10" south of pole #137 (see map).
- 1-MILE: In line with sewer grate between poles #181 and #182.
- 2-MILE: In line with pole #126.
- 3-MILE: In line with pole #189.
- FINISH: On "Ring Road" in line with fire hydrant 12' 6" east of pole #192 (see map).



## Certified Course

NY12105JG

Effective: 9/1/2012  
through 12/31/2022





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



Name of the course ECMC Heroes 5K Distance 5 km  
Location (state) NY (city) Buffalo  
Type of course: road race ☒ calibration ☐ track ☐ Configuration: loop (1.5x)  
Type of surface: paved 100 % dirt - % gravel - % grass - % track - %  
Elevation (feet above sea level) Start 642 Finish 619 Highest 642 Lowest 598  
Straight line distance between start & finish 1584 ft Drop 1.40 m/km Separation 9.66 %  
Measured by (name, address, phone & e-mail) Bob Laskowski, 205 Brookwood, Hamburg, NY  
14075; 716-308-8687; rlaskowski@realtyusa.com  
Race contact (name, address & phone) Susan Gonzales, 462 Rider St., G-1, Buffalo, NY  
14215; 716-812-7250  
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐  
Number of measurements of entire course: 2 Date(s) when course measured: August 28, 2012  
Race date: September 29, 2012 Course certification effective date: Sept. 1, 2012  
Replaces: n/a (if applicable) Certification code: NY12105JG

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: 2012.09.03 18:28:23 -04'00'

Date: **Sept. 2, 2012**

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