

Heart & Soul Run 5K

Buffalo, NY

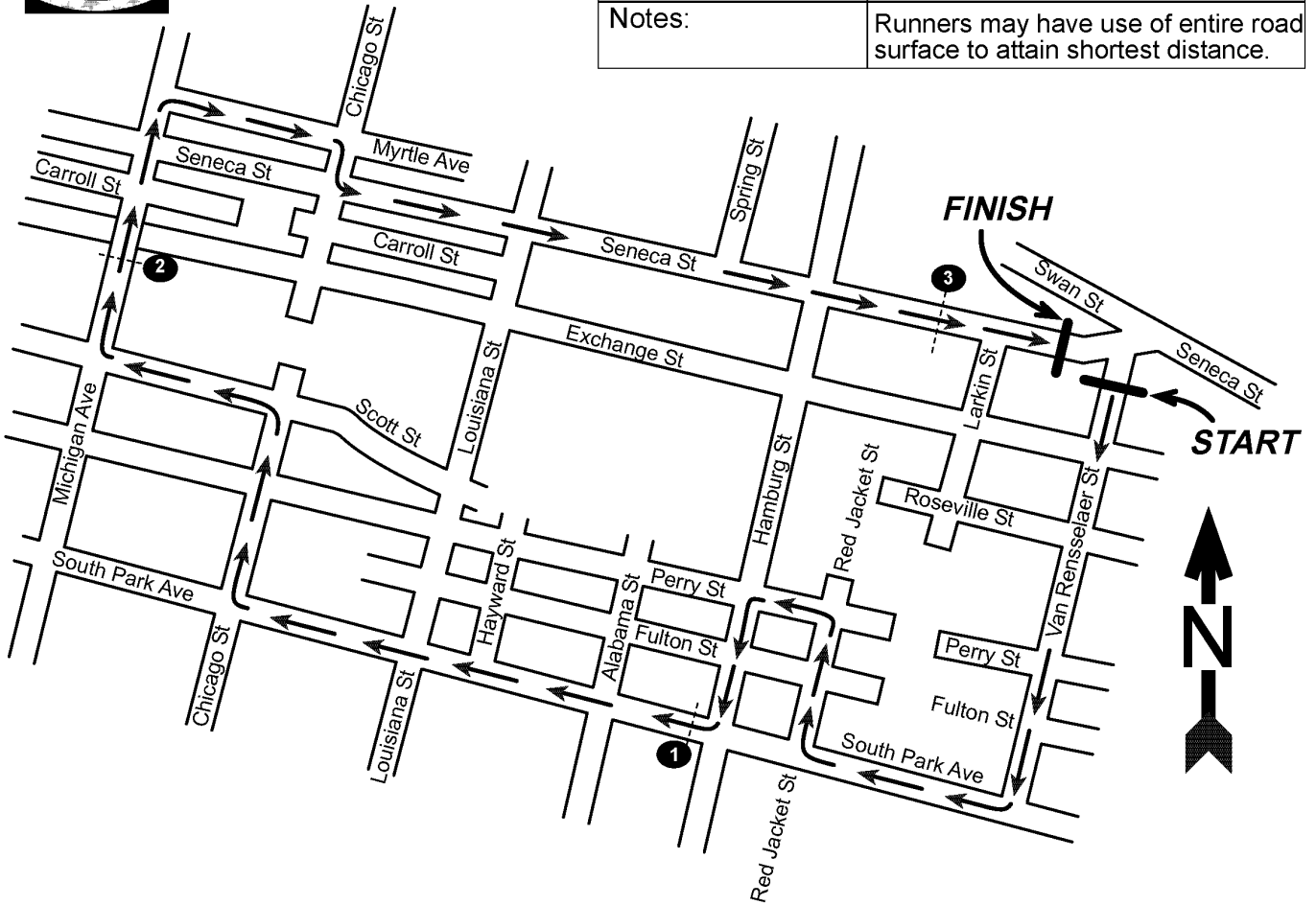


USATF Certificate

NY14084JG

Effective: 07/01/2014
through 12/31/2024

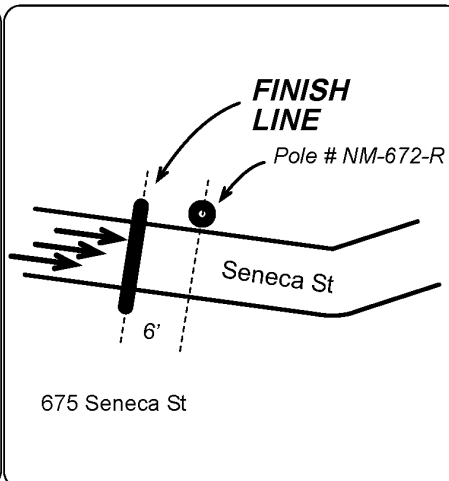
Course Distance:	5 Km
Date Measured:	June 29, 2014
Measured By:	Jeff John <i>BuffaloRunners.com</i>
Calibration Course:	NY14077JG
Notes:	Runners may have use of entire road surface to attain shortest distance.



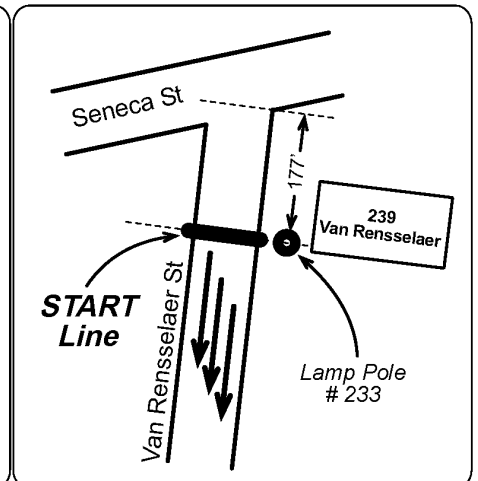
Mile Splits

- START** 239 Van Rensselaer St, exactly at vertical center of Lamp Pole # 233 and 177 feet south of Seneca St.
- 1 MILE** 570 South Park Ave and 14 feet past (west of) Hamburg St, and 4 feet past Pole # 570.
- 2 MILE** Michigan Ave on overpass above Exchange St, 42' before Pole # 239.
- 3 MILE** On Seneca St, 8' before Lamp Pole # 618 and before Larkin St.
- FINISH** 675 Seneca St, 6 feet before (west of) Pole # NM-672-R.

Finish Area Detail



Start Area Detail





Road Running Technical Council
USA Track & Field
Measurement Certificate



Name of the course Heart & Soul Run 5K Distance 5 km

Location (state) NY (city) Buffalo

Type of course: road race calibration track Configuration: partial loop

Type of surface: paved 100 % dirt - % gravel - % grass - % track - %

Elevation (meters above sea level) Start 180.0 Finish 180.0 Highest 193.0 Lowest 177.0

Straight line distance between start & finish 141.0 m Drop 0.0 m/km Separation 2.8 %

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) Edla Collora, 2323 Main St, Buffalo NY 14214;
716-440-7507; EdlaC@theMorlockFoundation.org

Measuring Methods: bicycle steel tape electronic distance meter

Number of measurements of entire course: 2 Date(s) when course measured: June 29, 2014

Race date: February 2015 Course certification effective date: July 1, 2014

Certification code: NY14084JG

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 **2024**

James A. Gilmer

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: 2014.07.01 20:41:15 -04'00'

Date: July 1, 2014

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