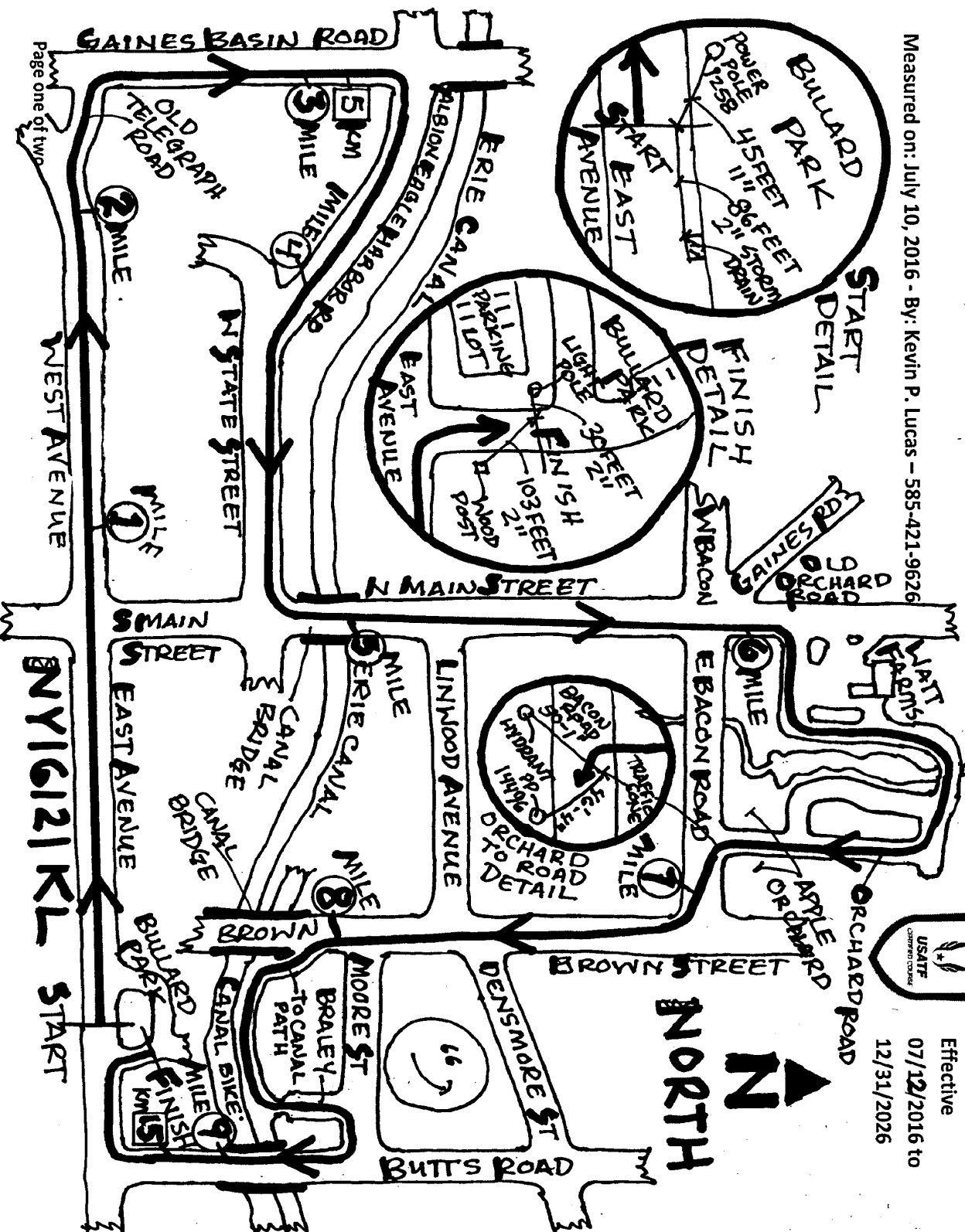


Measured on: July 10, 2016 - By: Kevin P. Lucas – 585-421-9626

NY16121KL
Effective
07/12/2016 to
12/31/2026





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

Measurement Certificate

recognized by



Name of the course Metro 10 Buffalo vs Rochester Distance 10 mile
 Location (state) New York (city) Albion
 Type of course: road race ☒ calibration course ☐ track ☐
 Measuring methods: bicycle ☒ steel tape ☐ electronic distance meter ☐
 Measured by (name, address, phone & e-mail) Kevin P. Lucas, 94 South Ridge Trail, Fairport, NY
14450-3843, 585-421-9626 & lucasmeasurement@gmail.com
 Race contact (name, address, phone & e-mail) Thom Jennings, c/o Warrior House of WNY,
321 Linwood Avenue, Albion, NY 14411, 585-590-4497
 Date(s) when course measured: July 21, 2016
 Number of measurements of entire course: 2 Course Configuration: loop
 Elevation (meters above sea level) Start 174.9 Finish 174.9 Highest 174.9 Lowest 145.1
 Straight line distance between start & finish 65 meters Drop -0.01 m/km Separation 0.4 %
 Type of surface: paved 87 % dirt 4 % gravel 8 % grass <1 % track %
 Effective date of certification: July 12, 2016 Certification code: NY16121KL

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 2026

AS NATIONALLY CERTIFIED BY:

Date: July 12, 2016

Kevin P. Lucas – USATF/RRCA Certifier

94 South Ridge Trail, Fairport, NY 14450-3843, 585-421-9626 & lucasmeasurement@gmail.com

Certified Splits:	Start Elevation	Finish Elevation	Drop	Straight Line Distance Start to Finish	Separation
5 km	174.9 meters	155.4 meters	3.9 m/km	3.95 km	79%
5 miles	174.9 meters	161.5 meters	1.7 m/km	1.67 km	20.6%
5 miles to Finish	161.5 meters	174.9 meters	-1.7 m/km	1.67 km	20.6%
15 km	174.9 meters	145.7 meters	1.9 m/km	0.87 km	5.8%

2016b

Metro 10 Buffalo vs Rochester - Bullard Park, Albion, New York

Measured on: July 10, 2016 - By: Kevin P. Lucas - 585-421-9626



NY16121KL
Effective
07/11/2016 to
12/31/2026

Measured Marks & Elevations:

Start @ 574 feet elev: on East Ave at Bullard Park, 45 feet 11" East of power pole #1258 & 86 feet 2" West of storm drain, both on North side of road
1 Mile @ 555 feet elev: at 33 West Ave at S Clinton St, 24 feet East of power pole #973 on North side of road
2 Mile @ 542 feet elev: at 14012 Telegraph Rd (Orleans Nursing Home), 97 feet 1" West of road entrance/nursing home sign on North side of road
3 Mile @ 511 feet elev: at 3445 Gaines Basin Rd, 49 feet 10" South of power pole #48 on East side of road
5 km @ 510 feet elev: at 3429 Gaines Basin Rd, 66 feet 5" North of power pole #46 on East side of road & 34 feet East of mailbox #3429 on West side of road
4 Mile @ 512 feet elev: at 14106 Albion Eagle Harbor Rd, 22 feet 10" power pole #3 on South side of road
5 Mile @ 530 feet elev: on N Main St Canal Bridge, 13 feet 11" North of bridge girder & 18 feet 8" South of observation stairs post on East side of road
6 Mile @ 488 feet elev: at 3150 Oak Orchard Rd, 32 feet 2" South of power pole #3137 on East side of road
Apple Orchard Turn to E Bacon Rd @ 476 feet elev: 46 feet 4" North of power pole #14496 & 50 feet 1" North of red hydrant on South side of road
7 Mile @ 478 feet elev: at 14558 E Bacon Rd, 49 feet 2" West of power pole #14556 on South side of road
8 Mile @ 494 feet elev: on Brown St at Moore St, 8 feet 3" South of power pole #8 on West side of road
9 Mile @ 530 feet elev: on South side of Butts Rd Canal Bridge, 12 feet South of expansion joint on West side of road
15 km @ 558 feet elev: at 3589 Butts Rd, 46 feet North of mailbox #3589 & 113 feet 1" South of mailbox #3568, both on West side of road
Finish @ 574 feet elev: on Bullard Park East entrance drive, 30 feet 2" East of parking lot NE light pole & 103 feet 2" North of wood post for trash can on East side of drive