

# Heart & Soul Run - 2018

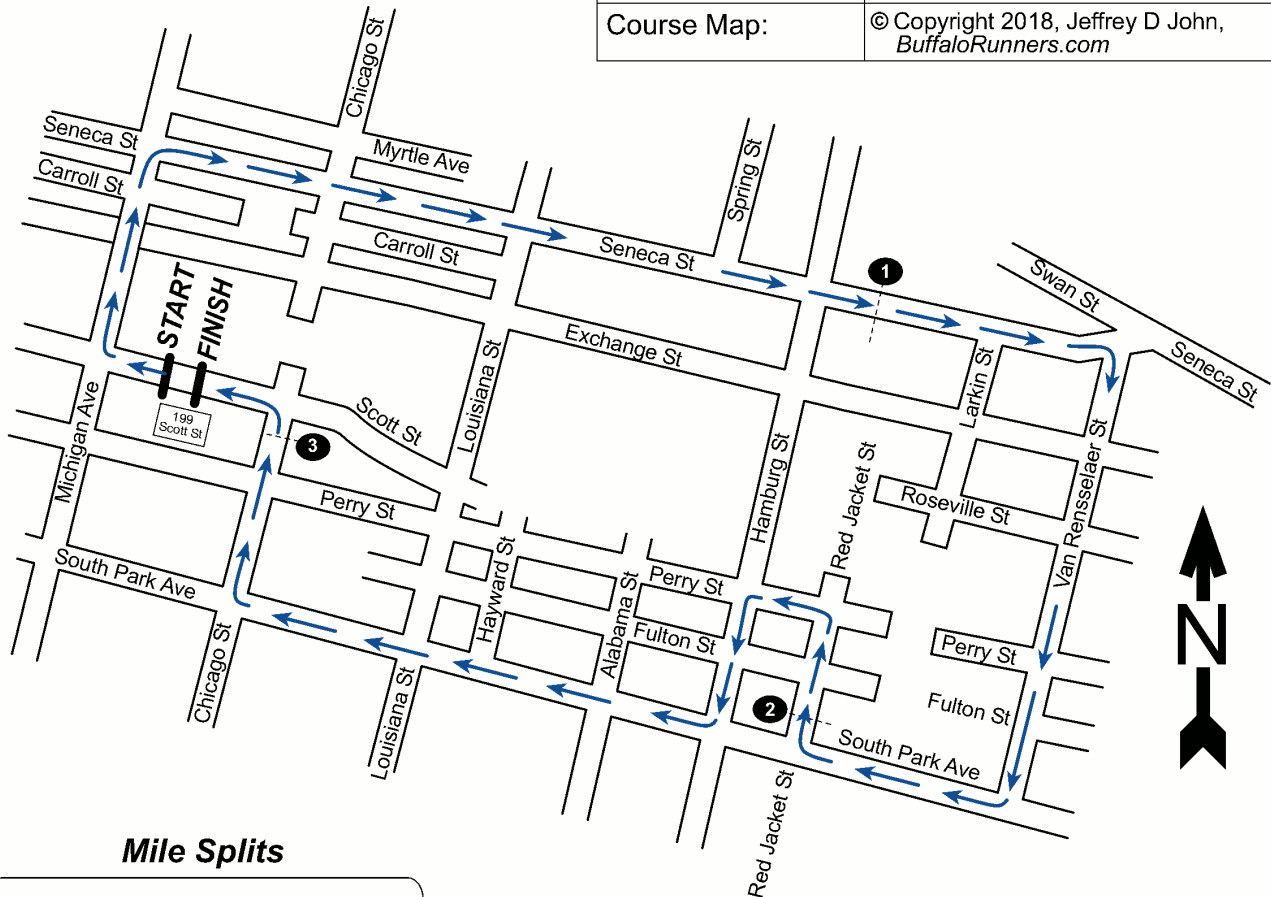
## Buffalo, NY



### Certified Course NY18002JJ

Effective: 1/22/2018  
Through: 12/31/2028

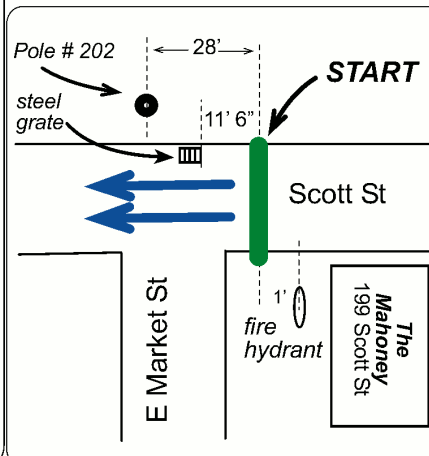
Course Distance:	5 Km
Date Measured:	January 21, 2018
Measured By:	Jeff John <b>BuffaloRunners.com</b>
Calibration Course:	NY15045JJ
Course Map:	© Copyright 2018, Jeffrey D John, <b>BuffaloRunners.com</b>



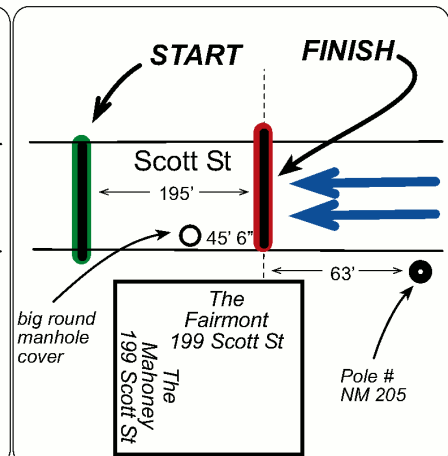
### Mile Splits

- START** 199 Scott St, and 11' 6" east of E Market St and a steel drainage grate, and 28' east of Pole #202, and 1' west of fire hydrant.
- 1 MILE** Seneca St between Hamburg St and the RR bridge, 28' east of big lamp pole # 202, and 150' east of Hamburg St.
- 2 MILE** Red Jacket St between South Park Ave and Fulton St, and 37' past (north of) Pole NM 19, and 39' past Pole # NG 19.
- 3 MILE** Chicago St between Perry St and Scott St, and 58' before (south of) Scott St, and 7' before Pole # NM 270.
- FINISH** 199 Scott St and 195' east of the START Line, and 45' 6" east of big round manhole cover in front of "The Fairmont" at 199 Scott St, and 63' west of Pole # NM 205.

### Start Area Detail



### Finish Area Detail





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



Name of the course Heart & Soul Run - 2018 Distance 5 Km  
Location (state) NY (city) Buffalo  
Type of course: road race ☒ calibration course ☐  
Measuring method: bicycle ☒ steel tape ☐ electronic distance meter ☐  
Measured by (name, address, phone & e-mail) Jeff John, Box 608, Amherst NY 14226  
(716) 982-4779 Jeff@BuffaloRunners.com  
Race contact (name, address, phone & e-mail) Edla Collora, (716) 440-7507,  
ECollora@JoeLangFoundation.com  
Date(s) when course measured: January 21, 2018  
Number of measurements of entire course: 2 Course Configuration: Partial Loop  
Elevation (meters above sea level) Start 176.5 Finish 177.4 Highest 181.7 Lowest 175.9  
Straight line distance between start & finish 59.5 m Drop -0.18 m/km Separation 1.19 %  
Type of surface: paved 100 % dirt - % gravel - % grass - % track - %  
Effective date of certification: January 22, 2018 Certification code: NY18002JJ

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*** **2028**

**AS NATIONALLY CERTIFIED BY:**

*Jeffrey John*

Date: January 22, 2018

Jeff John – USATF/RRTC Certifier

Box 608, Amherst NY 14226

(716) 982-4779

Jeff@BuffaloRunners.com