

# Niagara Falls High School 5K

## Niagara Falls, NY



**Certified Course**  
**NY18007JJ**  
 Effective: 4/12/2018  
 Through: 12/31/2028

Course Distance:	5 Kilometers
Course Design:	2.5 km Keyhole (Loop + Stem), run twice to make 5 km total.
Date Measured:	April 1, 2018
Measured By:	Jeff John
Course Map:	© Copyright 2018, Jeffrey D John, BuffaloRunners.com

### Course Requirements

To attain the 5K distance the defined circuit must be run twice consecutively. The course is a keyhole design with a mandatory turn-around at a fixed location at the end of the keyhole's stem. The combined START/FINISH line may be placed anywhere on the course so long as the Turn-Around remains fixed. The defined intermediate mile splits are for the suggested START/FINISH location only.

### START, FINISH and Intermediate Mile Splits

**START** On the east side (closest to school buildings) of the school's rear parking loop and exactly in-line with center of 4 main doors of Building #9, and 32 feet south of Big Lamp Pole.

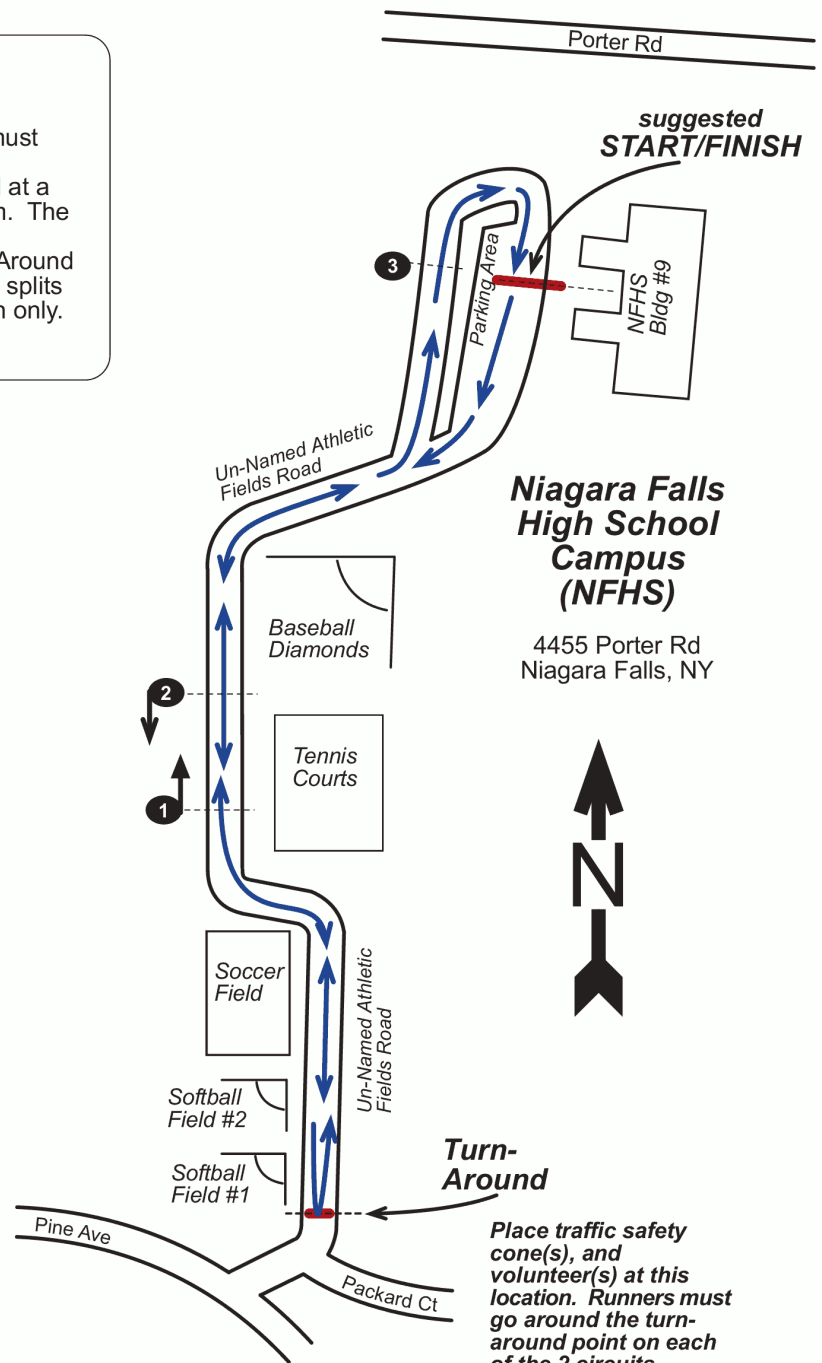
**1 MILE** On athletic fields road adjacent to the tennis courts and 40 feet before (south of) Telephone Pole # NG 3990R10, and 6' past (north of) "No Parking" sign. Runners are heading north on the return leg of the first circuit.

**TURN-AROUND** On the "athletic fields road" adjacent to the Softball Diamond #1 and 11.8 feet south of the small metal bleachers near 3rd base, and 105.4 feet south of the diamond's home plate, and 91.9 feet north of the softball field's southern perimeter.

**2 MILE** On athletic fields road adjacent to the tennis courts and 40 feet before (north of) Telephone Pole # NG 3990R10. Runners are heading south on the outbound leg of the 2nd and last circuit.

**3 MILE** On the back-straight (west) of the rear parking loop road and 564 feet before the Finish Line, almost in-line with the start/finish. Runners are heading north on the return leg of the 2nd and last circuit.

**FINISH** Exact same location as the START.





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

# *Measurement Certificate*



Name of the course Niagara Falls High School 5K Distance 5 km  
 Location (state) NY (city) Niagara Falls  
 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) Bob Giardini, Bob@Score-This.com  


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 Date(s) when course measured: April 1, 2018  
 Number of measurements of entire course: 2 Course Configuration: Keyhole  
 Elevation (meters above sea level) Start 178.9 Finish 178.9 Highest 179.2 Lowest 176.5  
 Straight line distance between start & finish 0 Drop 0 m/km Separation 0 %  
 Type of surface: paved 100 % dirt - % gravel - % grass - % track - %  
 Effective date of certification: April 12, 2018 Certification code: NY18007JJ

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 D John*

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Jeff John – USATF/RRTC Certifier Date: April 12, 2018  
 Box 608, Amherst NY 14226 (716) 982-4779 Jeff@BuffaloRunners.com