



**Certified Course**  
**NY18022JJ**  
 Effective: 7/18/2018  
 Through: 12/31/2028

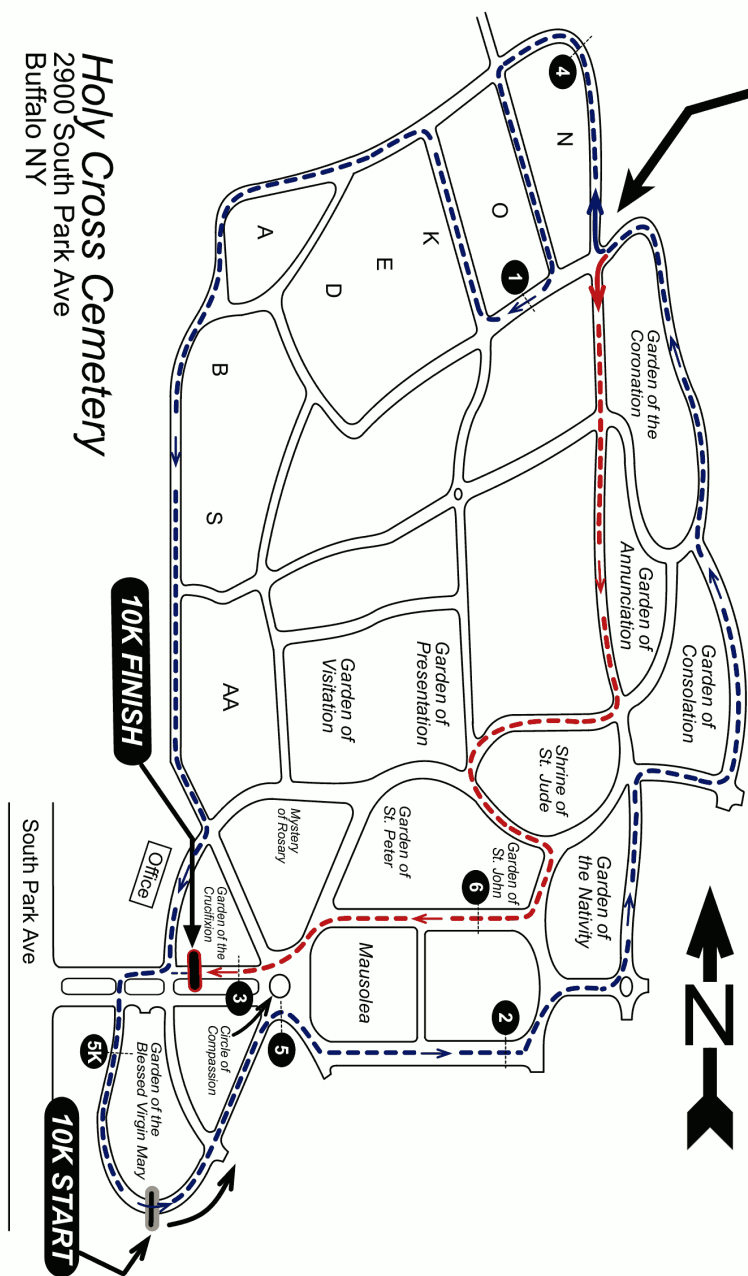
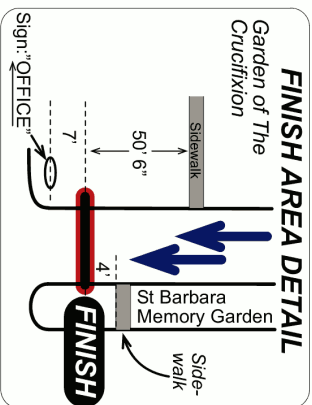
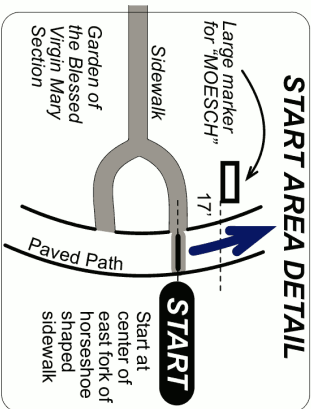
# Holy Cross Cemetery 10K

## Lackawanna, NY

DISTANCE: 10 Km  
 Measured July 17, 2018  
 By Jeff John  
 Calibration Course: NY15045JJ

**Key Turn Decision Point:**  
 This turn determines whether it is the "Long Loop" or the "Short Loop". Runners go north (turn to their RIGHT) for the long loop, runners go south (turn to their LEFT) for the short loop.

NOTES: The 10K run is designed as running 5K course NY18021JJ twice. The 5K and 10K share the FINISH LINE, but have separate START LINES to attain proper distance. The 5K requires running a "Long Loop" followed by a "Short Loop". For 10K, runners complete the 2 loops of the 5K then continue running to their original START LINE then repeat, for a total of 4 loops run.



**START, FINISH and INTERMEDIATE SPLITS**  
 See NY18022JJ Map Page 2 for description of locations for START, FINISH, and splits.



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

# *Measurement Certificate*



Name of the course Holy Cross Cemetery 10K Distance 10 km  
 Location (state) NY (city) Lackawanna  
 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) Christy Field  
(716) 634-2573 ext. 70503 christy.field@nmss.org  
 Date(s) when course measured: July 16, 2018, July 17, 2018  
 Number of measurements of entire course: 2 Course Configuration: Complex of Loops  
 Elevation (meters above sea level) Start 180.1 Finish 180.1 Highest 190.2 Lowest 180.1  
 Straight line distance between start & finish 149 m Drop 0.0 m/km Separation 1.49 %  
 Type of surface: paved 100 % dirt - % gravel - % grass - % track - %  
 Effective date of certification: July 18, 2018 Certification code: NY18022JJ

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: July 18, 2018  
 Jeff John – USATF/RRTC Certifier  
 Box 608, Amherst NY 14226 (716) 982-4779 Jeff@BuffaloRunners.com

**NY18022JJ**  
**Holy Cross Cemetery 10K**  
 Lackawanna, NY

***START, FINISH, and INTERMEDIATE SPLITS Locations***

<b>START</b>	At south edge of the "Garden of the Blessed Mary" and in the center of the east fork of the sidewalks, and 17' before double-heart shaped marker for "Moesch".
<b>1 MILE</b>	On the south edge of Section "O" between markers for "COYLE" and "CUMMINGS" (John W. Coyle) (Maurice Cummings Sr.).
<b>2 MILE</b>	7' before grate at un-named section well past the Mausolea section and before "Garden of Nativity" section.
<b>3 MILE</b>	East side of the "St. Barbara Memory Garden" and 23' before sign post "St. Barbara Memory Garden"
<b>5K</b>	At the sign "Blessed Virgin Mary" and 12' 6" past (south of) the sidewalk for section "Garden of the Blessed Mary", also this is the START to the 5K for course NY18021JJ and 103 meters before the 10K start line.
<b>4 MILE</b>	Between sections "N" and "Y" and 5' past marker for "CURTIN" (Frank J. Mabel 1890-1967, 1890-1990)
<b>5 MILE</b>	Adjacent the "Circle of Compassion" (before the Mausolea) and 14' before a small plastic cap on right side of road.
<b>6 MILE</b>	At section "Garden of St. John" and exactly at flat (ground level) marker for "METZGER" (Martin C. and Zella (Rita) 1909-2001, 1916-1991).
<b>FINISH</b>	7' before (east of) sign "OFFICE" at the south-west edge of section "Garden of the Crucifixion", and 50' 6" west of the sidewalk for the this section, and 4' past (west of) sidewalk of the island hosting the parish bell in the "St Barbara Memory Garden".