

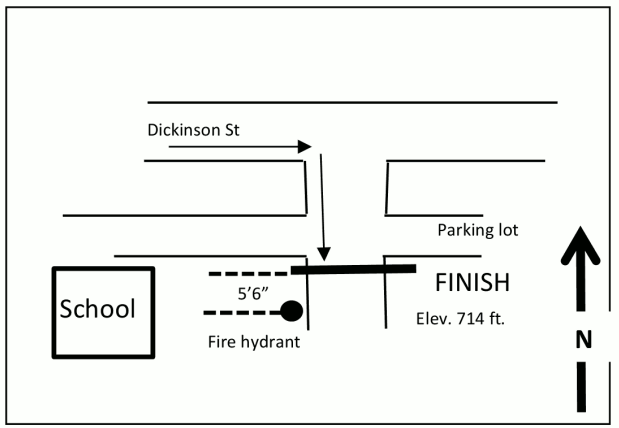
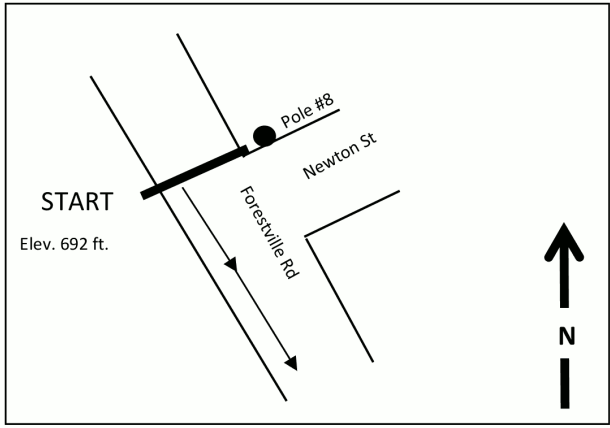
**LivLove Run 5K**

Silver Creek, NY  
 Measured by Bob Laskowski  
 RobertLaskowski@howardhanna.com  
 Race Director: Densil Wilson  
 Measured 2/17/19

**Mile Splits**

- START:** On Forestville Rd, at intersection with Newton Rd, in line with Pole #8.
- 1 MILE:** On HCounty Touring Rt. 85, inline with pole #22A/19 1/2.
- 2 MILE:** In front of #60 Burgess St.
- 3 MILE:** At intersection of Webster Ave and Dickinson St.
- FINISH:** in Silver Creek Middle school driveway, 5'6" north of fire hydrant

- Erie Basin Marina 1000 foot calibration course used (NY12005JG).
- Runners have access to entire road surface to allow shortest distance.
- All reference points marked with 2" PK(Parker-Kalon) nails, then sprayed with yellow fluorescent paint.





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

# *Measurement Certificate*



Name of the course LivLove Run 5K Distance 5 km  
 Location (state) NY (city) Silver Creek  
 Type of course: road race  calibration course   
 Measuring method: bicycle  steel tape  electronic distance meter   
 Measured by (name, address, phone & e-mail) Bob Laskowski, 205 Brookwood Dr, Hamburg, NY 14075;  
716-308-8687; RobertLaskowski@howardhanna.com  
 Race contact (name, address, phone & e-mail) Densil Wilson, 12 Jaekla Ave Silver Creek, NY 14136;  
716-785-1537; densilwilson@gmail.com  
 Date(s) when course measured: February 17, 2019  
 Number of measurements of entire course: 2 Course Configuration: partial loop  
 Elevation (meters above sea level) Start 210.92 Finish 217.63 Highest 229.82 Lowest 182.58  
 Straight line distance between start & finish 483 m Drop -1.34 m/km Separation 9.66 %  
 Type of surface: paved 100 % dirt - % gravel - % grass - % track - %  
 Effective date of certification: February 22, 2019 Certification code: NY19004JG

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*** **2029**

**AS NATIONALLY CERTIFIED BY:**

Digitally signed by Jim Gilmer  
 DN: cn=Jim Gilmer, o=USATF Road Running Technical Council,  
 ou=Regional Certifier, New York, email=jim.gilmer@gmail.com, c=US  
 Date: 2019.02.22 14:27:09 -05'00'

Date: February 22, 2019

James A. Gilmer, USATF/RTTC Certifier • 232 Van Wies Point Rd., Glenmont, NY 12077-4222  
 Phone: 518-852-3562 • Email: jim.gilmer@gmail.com