

NY19103KL

Effective



USATF
CERTIFIED COACH

05/09/2019 to
12/31/2029



USATF
CERTIFIED COACH

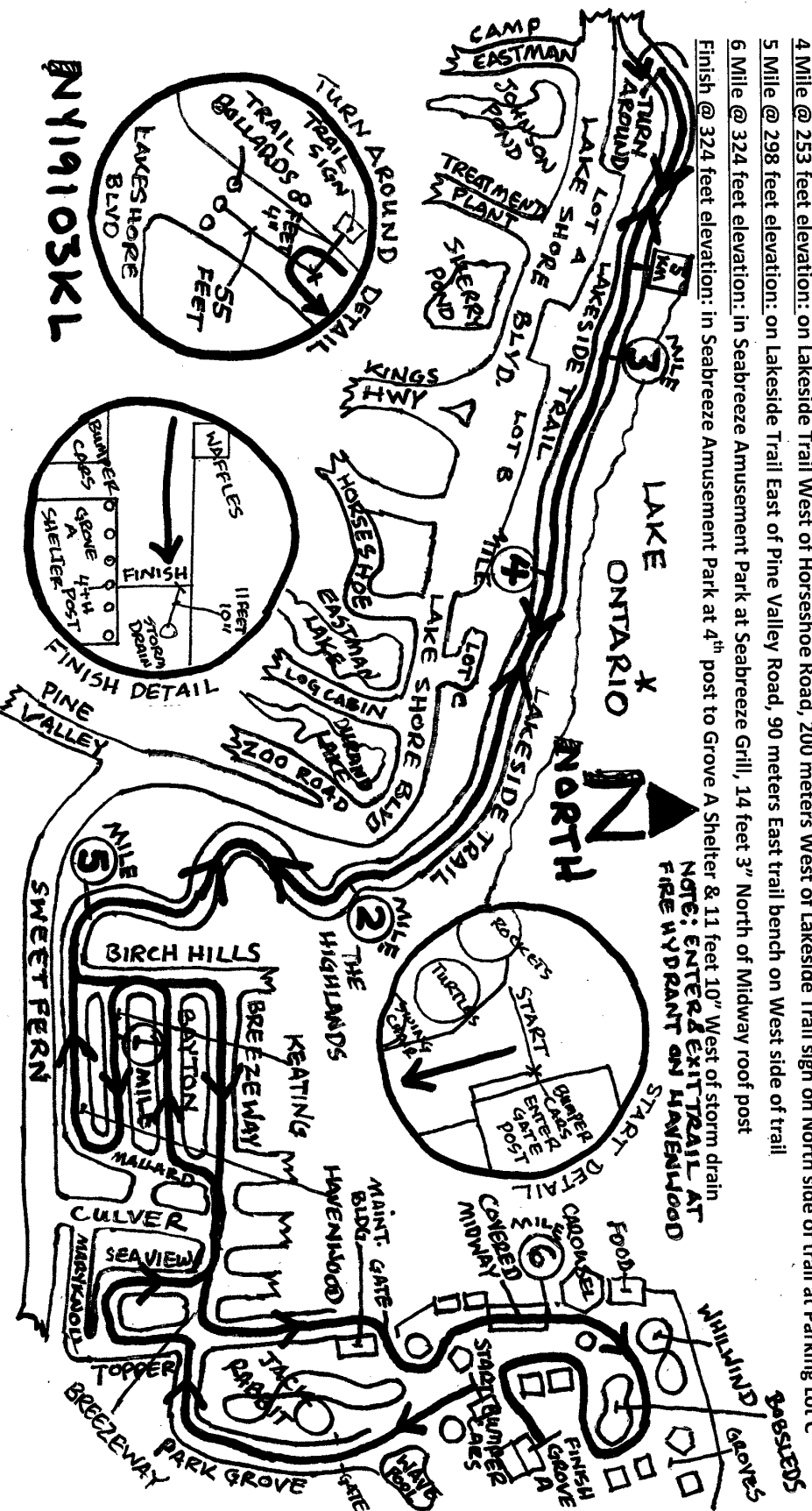
2 Mile @ 285 feet elevation: on Lakeside Trail East of Zoo Road. 18 feet East of fire hydrant on West side of trail

5 km @ 264 feet elevation: on lakeside Trail North of Treatment Plant, 160 feet 6" West of gym equipment on North side of trail

4 Mile @ 253 feet elevation: on Lakeside Trail West of Horseshoe Road, 200 meters West of Lakeside Trail sign on North side of trail at Parking Lot C

6 Mile @ 324 feet elevation: in Seabreeze Amusement Park at Seabreeze Grill, 14 feet 3" North of Midway roof post

ter & 11 feet 10" West of storm drain
NOTE: ENTER & EXIT TRAIL AT
FIRE HYDRANT ON HAVENWOOD





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



Name of the course Heritage Hero 10 km Distance 10 km
Location (state) New York (city) Irondequoit
Type of course: road race ☒ calibration course ☐
Measuring method: 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) Kelly Nash, c/o Heritage Christian Services,
275 Kenneth Drive, Suite 100, Rochester, NY 14623-4277, 585-340-5780
Date(s) when course measured: May 4, 2019
Number of measurements of entire course: 2 Course Configuration: keyhole
Elevation (meters above sea level) Start 99.7 Finish 98.7 Highest 108.2 Lowest 77.1
Straight line distance between start & finish 41 meters Drop 0.10 m/km Separation 0.41 %
Type of surface: paved 100 % dirt % gravel % grass % track %
Effective date of certification: May 9, 2019 Certification code: NY19103KL

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:

Date: May 9, 2019

Kevin P. Lucas - USATF/RRTC Certifier

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