

Holy Cross Cemetery 10K

Lackawanna, NY

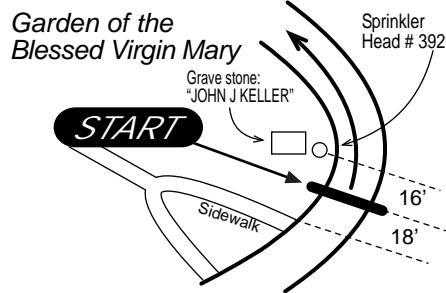
DISTANCE: 10 Km
Measured July 25, 2014
By Jeff John

IMPORTANT NOTE: The 10K was created as a modification of 5K course NY07024JG. To attain 10K, runners cover the 5K course twice. To permit simultaneous running and have a shared FINISH LINE, the 10K must start 362.22 feet past the 5K start. The 5K is comprised of 1 "Long Lap" and 1 "Short Lap", therefore, the 10K must incorporate 2 Long Laps and 2 Short Laps. The splits listed presume a 4-lap 10K of: Long, Short, Long, Short.

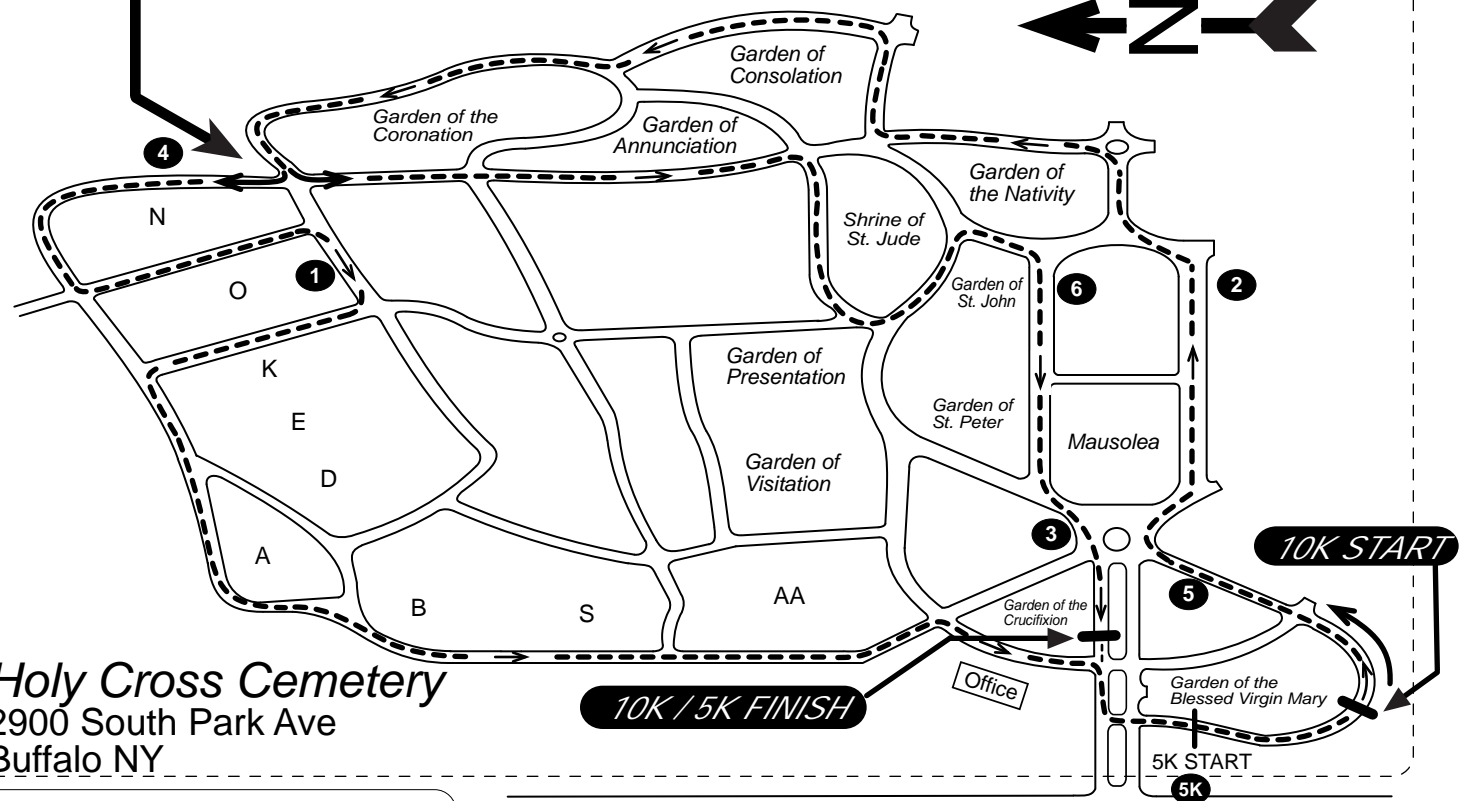
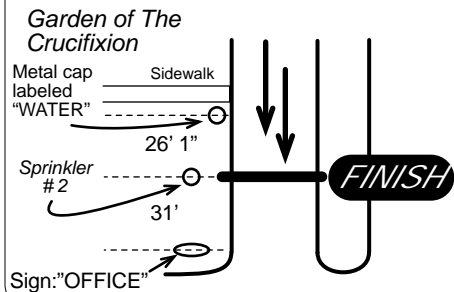
Key Turn Decision Point:
This turn determines whether it is the "Long Lap" or the "Short Lap". Runners go north (turn to their RIGHT) for the long lap, runners go south (turn to their LEFT) for the short lap.

"LONG LAP" = 1.7 miles
"SHORT LAP" = 1.4 miles

START AREA DETAIL



FINISH AREA DETAIL



Holy Cross Cemetery
2900 South Park Ave
Buffalo NY

South Park Ave

START At the south edge of the "Blessed Virgin Mary" section and 18' past (east of) the sidewalk, and 16' before (west of) the marker for "JOHN J KELLER", and 16' before auto-sprinkler # 392.

FINISH On south edge of the "Garden of the Crucifixion" section and 26' 1" past (west of) metal "WATER" cap alongside the sidewalk, and 31' before (east of) the sign "OFFICE", and at sprinkler # 2.