

Heart & Soul Run 5K

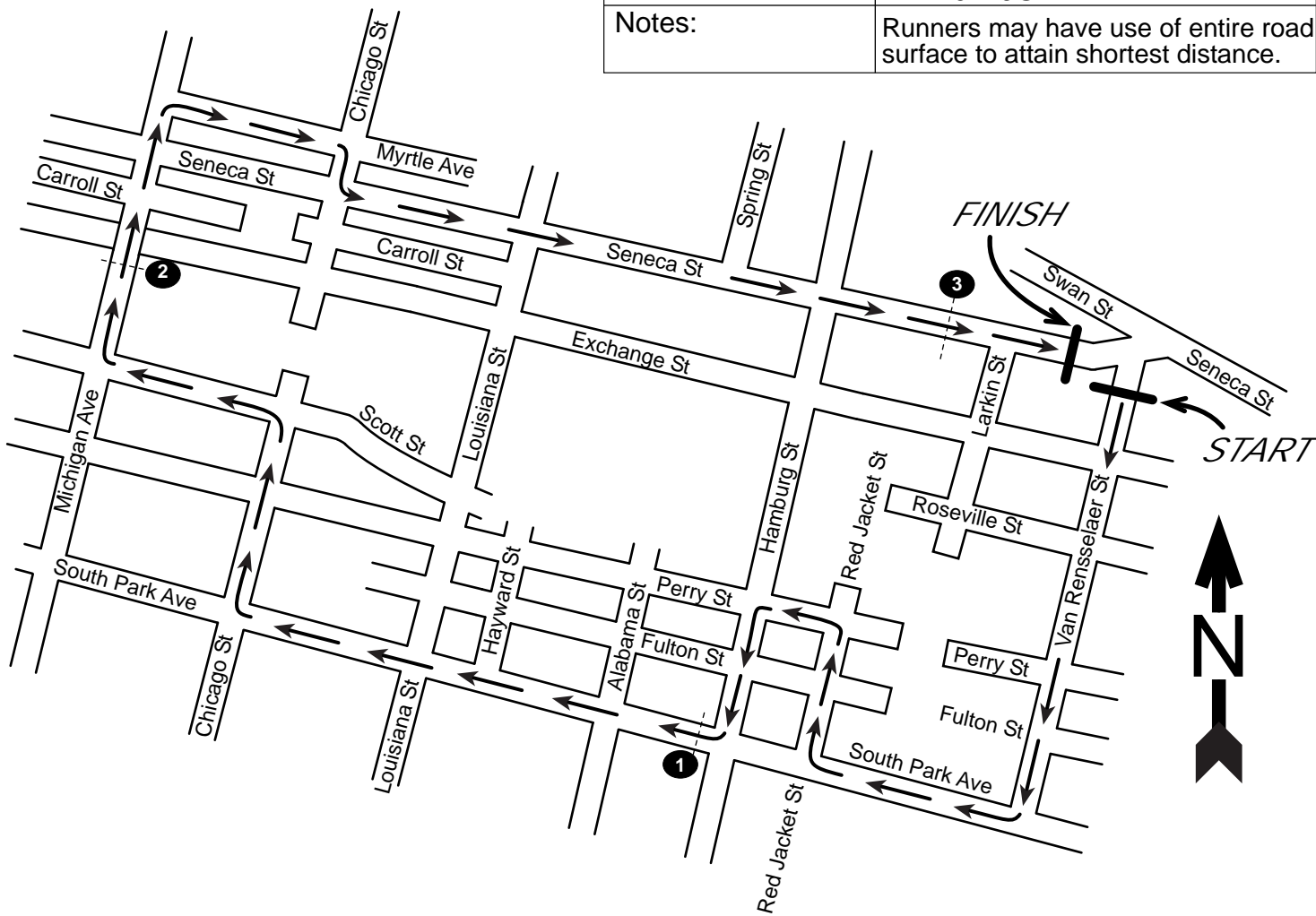
Buffalo, NY



Certified Course
NY14084JG

Effective: 7/01/2014
 Through: 12/31/2024

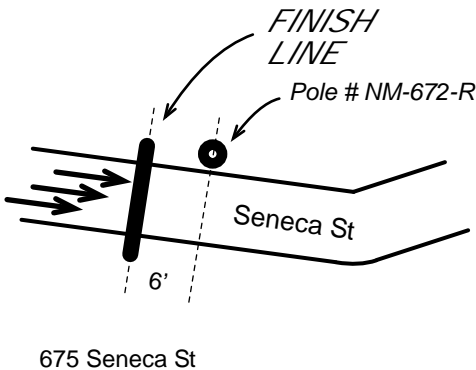
Course Distance:	5 Km
Date Measured:	June 29, 2014
Measured By:	Jeff John <i>BuffaloRunners.com</i>
Calibration Course:	NY14077JG
Notes:	Runners may have use of entire road surface to attain shortest distance.



Mile Splits

- START** 239 Van Rensselaer St, exactly at vertical center of Lamp Pole # 233 and 177 feet south of Seneca St.
- 1 MILE** 570 South Park Ave and 14 feet past (west of) Hamburg St, and 4 feet past Pole # 570.
- 2 MILE** Michigan Ave on overpass above Exchange St, 42' before Pole # 239.
- 3 MILE** On Seneca St, 8' before Lamp Pole # 618 and before Larkin St.
- FINISH** 675 Seneca St, 6 feet before (west of) Pole # NM-672-R.

Finish Area Detail



Start Area Detail

