River Rock Run 5K **Buffalo, NY**



Tow Path

Park

Hertel Ave

Runners may use

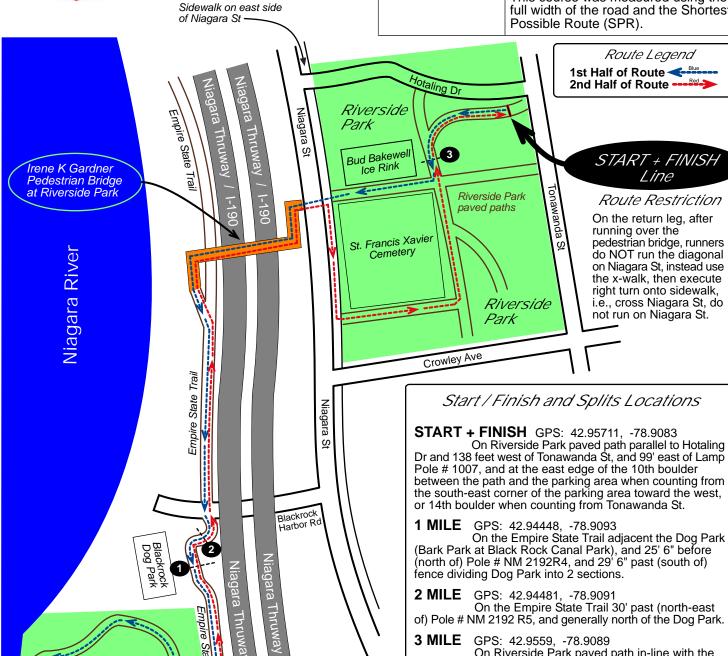
Empire State Trail and Tow Park path

sidewalk or bike lane between

USATF Certificate NY23023JJ

Effective: 7/20/2023 Through: 12/31/2033

Course Distance:	5 Km
Date Measured:	June 28, 2023
Measured By:	Jeff John, BuffaloRunners.com
Calibration Course:	NY16011JJ, ECCN
Notes:	Map not to scale. This course was measured using the full width of the road and the Shortest Possible Route (SPR).



Hertel Ave

Line

On the return leg, after running over the pedestrian bridge, runners do NOT run the diagonal on Niagara St, instead use the x-walk, then execute right turn onto sidewalk, i.e., cross Niagara St. do not run on Niagara St.

Start / Finish and Splits Locations

Dr and 138 feet west of Tonawanda St, and 99' east of Lamp Pole # 1007, and at the east edge of the 10th boulder between the path and the parking area when counting from the south-east corner of the parking area toward the west, or 14th boulder when counting from Tonawanda St.

On the Empire State Trail adjacent the Dog Park (Bark Park at Black Rock Canal Park), and 25' 6" before (north of) Pole # NM 2192R4, and 29' 6" past (south of)

of) Pole # NM 2192 R5, and generally north of the Dog Park.

3 MILE GPS: 42.9559, -78.9089

On Riverside Park paved path in-line with the south edge of the electric scoreboard on the east face of the Riverside (Bud Bakewell) Arena.

