



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course _____
Certificate number _____ Distance _____ Race date _____
City _____ Province _____
Race contact name _____ Race contact email _____

Course Information

Start elevation _____ Finish elevation _____
Elevation change _____ Percent separation _____

Measurer Information

Measurer name _____
Measurement date _____ Expiry date _____

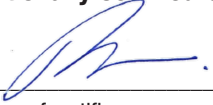
Official Notice

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.

Validation of Course

In the event a **National Open Record** is set on this course, or at the discretion of **Athletics Canada**, a validation remeasurement may be required to be performed by a qualified measurer. If such a remeasurement shows the course to be short, then all pending records will be rejected and the course certification will be cancelled.

As Nationally Certified by



Signature of certifier

Paul T.B. Adams

Date

Any inquires regarding this certificate should be directed to coursemeasurement@athletics.ca



Run Your Ice Off 10km

Start/finish line is in line with the brown light post near the grey utility box on the paved pathway leading to the Victoria Park skatepark.



The entire course runs out and back along the South Meewasin Trail, starting on the west side of the South Saskatchewan River, crossing the Gordie Howe Bridge, then running on the Meewasin Trail in Gabriel Dumont Park. Runners stay to their right on the course. Cones are placed in the middle of the path to keep runners to the right side.



The turnaround point (5km) is located at gps coordinates (52.1102630, -106.6796886). On the east side of the path an orange tent peg has been driven into the ground to mark the turnaround point. This is just north of the service road that connects to the parking lot road.

Run Your Ice Off 10km turn around point

The entire course runs out and back along the South Meewasin Trail, starting on the west side of the South Saskatchewan River, crossing the Gordie Howe Bridge, then running on the Meewasin Trail in Gabriel Dumont Park. Runners stay to their right on the course. Cones will be placed in the middle of the path throughout the course to separate the pathway for the runners.



Course was measured by riding along the right side of the path. The turnaround point was measured and placed on the right side of the path. Pylons will be placed at the turnaround point to direct runners to run back along the other side of the path. The turnaround point (5km) is located at gps coordinates (52.1102630, -106.6796886). On the east side of the path an orange tent peg has been driven into the ground to mark the turnaround point. This is just north of the service road that connects to the parking lot road.