



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 (m/km) _____ 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 which results in a course that is less than the stated distance, this certification becomes void, and the course must then be re-certified.

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

Date

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



RUN TO EMPOWER – 2025

5 KM

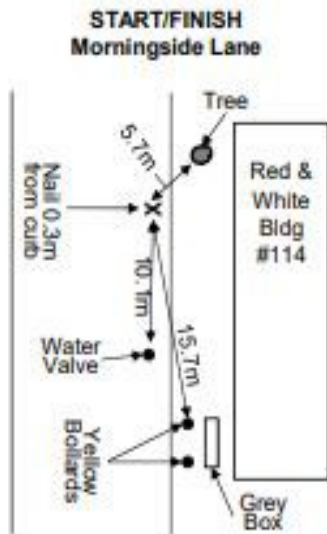
- Start Morningside Ln – E side near the middle of the 4th building N of Cow Ln. See detail.
- 1 km Morningside Ln – N side 44.4m W of westerly red post at culvert under road.
- 2 km Cow Ln – S side 6.5m E of Cow Ln/Ash Ln signpost.
- 3 km Morningside Ln – W side 52.6m S of yellow intersection sign on E side. 2.6m N of 6th tree on E side S of road to Prince of Wales Dr.
- 4 km Ash Ln – E side 60m S of storm drain at bottom of slope. 1.1m S of tree with red blaze at base.
- 5 km Morningside Ln – same as START.

Note: Runners use entire roadway on Morningside, Ash and Cow Lanes.

Race consists of: Start to Cow Ln; 2 loops of Morningside, Ash and Cow Ln; and Cow Ln to Finish.



Athletics Canada Certified
ON-2024-055-BDC
 Certification Expires Dec 31/2034



Measurement and Map
 Dave Yaeger
 dave.yaeger1@gmail.com
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