



Athletics Canada/Run Canada
Measurement Certificate

Name of the course USR (Uniformed Services Run) 10 km Distance 10 km
Location (city) St. John's (province) NL
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Loop
Type of surface: paved 100 % dirt % gravel % grass % track %
Elevation (meters above sea level) Start m Finish m Highest m Lowest m
Straight line distance between start & finish 500 m Drop m/km Separation %
Measured by (name, address, phone & e-mail) Eugene Noble, 5 Abraham St., St. Johns, NL
709-754-1841 and Glenn Smith
Race contact (name, address & phone) Glenn Smith 34 O'Neil Ave.
St. John's, NL, A1C 5G4 709-739-0163
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐
Number of measurements of entire course: 2 Date(s) when course measured: May 19/2007
Race date: Course paperwork submission date: May 31/2007
Expires: Dec. 31/2016 (if applicable) Certification code: NL-2007-038-BDC

Notice to Race Director
Use this Certification Code in *all* public
announcements relating to your race.

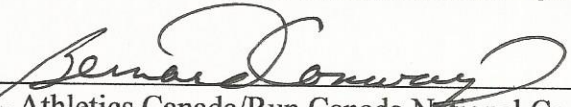
Be It Officially Noted That

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/Run 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.

This certification expires on December 31 in the year 2016

AS NATIONALLY CERTIFIED BY:


Bernard Conway - Athletics Canada/Run Canada National Certifier
- IAAF/AIMS Grade A Measurer
- USATF/RRTC Final Signatory

Date: April 6/2015R

67 Southwood Crescent, London, Ontario, Canada, N6J 1S8

Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: measurer@rogers.com

- START: east of bungalow adjacent to power supply post
- 1K: 12 feet south before rail bed crosswalk edge
 - 2K: east edge of driveway entrance littledale conference center
 - 3K: center of driveway 189 waterford bridge road
 - 4K: east edge of paved driveway 117 waterford bridge road
 - 5K: 10 feet east of mitchel's bakery building corner
 - 6K: center of driveway 549 southside road
 - 7K: 2nd light pole from east edge of Cahill's warehouse
 - 8K: by post on north edge of river bank
 - 9K: west edge of paved driveway 3rd house west of cowan ave
 - FINISH: center of double gate entrance to pool

8K INTERSECTION DETAIL
BAY BULLS ROAD AT WATERFORD BRIDGE ROAD

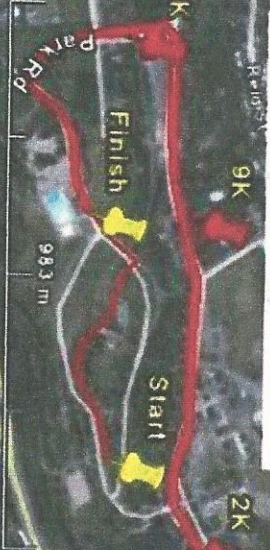
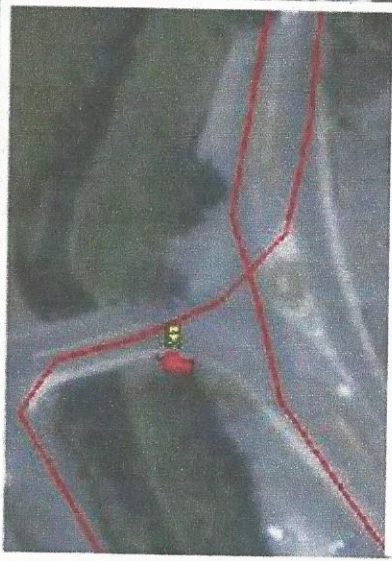


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Hbc Run For Canada 10K St. John's

ROAD CONSTRAINTS

full course is run on paved 2 lane streets

runners follow right curb lane (rcl) from start to t

at 8k mark runners diagonally cross 2 lanes of bay bulls road, pass 1 foot west of center island in intersection, crossing 2 lanes on waterford bridge road to resume on rcl 14 feet west of island and continue west on waterford bridge road to park r

left turn onto park road commences 35 feet before crosswalk and rejoins rcl 30 feet north of parking entrance.

left turn off park road to final 300 meter stretch commences by last tree on park road and rejoins adjacent to fountain in pond on right

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