



# 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 \_\_\_\_\_ Date \_\_\_\_\_

Any inquiries regarding this certificate should be directed to [coursemeasurement@athletics.ca](mailto:coursemeasurement@athletics.ca)



# MEC DAD'S DAY DASH – HALF MARATHON

- Start At Fire Hydrant West of Arena.
- 1 km Carp Rd E – E side at centre of Juanita Ave.
  - 2 km Craig Side Rd – N side across from Hydro Pole A250. 2nd Hydro Pole W of Carp Rd.
  - 3 km Craig Side Rd – N side 16.8 m W of Pratt Diesel mailbox on S side. W of Railway Crossing.
  - 4 km Old Coach Rd – E side 12m S of 5th Hydro Pole on W side N of Donald B Munro Dr.
  - 5 km Old Coach Rd – E side 16.2m S of Pole AYJBZX on W side. Yellow painted stake on E side.
  - 6 km Old Coach Rd – E side 12.2m S of Hydro Pole 11041 on W side. Hydro Pole is S of Marker #476.
  - Turnaround T1 Old Coach Rd – E side S of Diamondview Rd at 2nd Fence Post from the corner.
  - 7 km Old Coach Rd – W side 9.5m N of Pole AYJ8X2. N of culvert in valley.
  - 8 km Old Coach Rd – W side 59m S of Marker #281
  - 9 km Old Coach Rd – W side 5.3m N of Stop Sign at Donald B Munro Dr..
  - 10 km Craig Side Rd – S side opposite Marker #2339 on N side. W of Dome building on S side.
  - Turnaround T2 Craig Side Rd – S side 2.6m E of 3rd large tree from brown property fence for #2241. Nail 0.3m from edge of pavement.
  - 11 km Craig Side Rd – N side 4m W of Private Property sign. E of Dome building on S side.
  - 12 km Donald B Munro Dr – N side 17.2m W of 2nd brown electrical equipment box E of Old Coach Rd.
  - 13 km Old Coach Rd - E side 96m S of 8 km mark.
  - 14 km Old Coach Rd – E side across from mailbox for No. 422.
  - Turnaround T1 Old Coach Rd S of Diamond view Rd at 2nd Fence Post from the corner.
  - 15 km Old Coach Rd – W side 15.5m N of Hydro Pole AYJGHF N of Marker #476. At 3rd Fence Post from corner.
  - 16 km Old Coach Rd – W side 11.3m N of Marker #319.
  - 17 km Old Coach Rd – W side 2m S of Hydro Pole 1149. S of Marker #167.
  - 18 km Craig Side Rd – S side 5.7m E of Rlwy Crossing Restricted Visibility sign. W of Rlwy Crossing.
  - 19 km Craig Side Rd – S side 10.5m W of Marker #2225 on N side.
  - 20 km Carp Rd – E side 2.0m N of N end of House No. 3860.
  - 21 km Gravel Rd/Parking area on E side of Arena Building between two Falling Ice signs on side of the building.
  - 21.1 km Finish as per Start.



Note: Marker #210 refers to the blue municipal house marker. No. 317 refers to house number.

## Route: Start - T1 - T2 - T1 - Finish



## RESTRICTIONS:

- Carp Rd – 1m width on East side of road. Used for both out and back.
- Donald B Munro Dr – runners use the North shoulder for both out and back.
- Craig Side Rd – runners stay to the right of the centre of the road in each direction.
- Old Coach Rd – runners stay to the right of the centre of the road in each direction



Athletics Canada Certified  
**ON-2016-056-BDC**  
 Certification Expires Dec. 31/2025