



# 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)

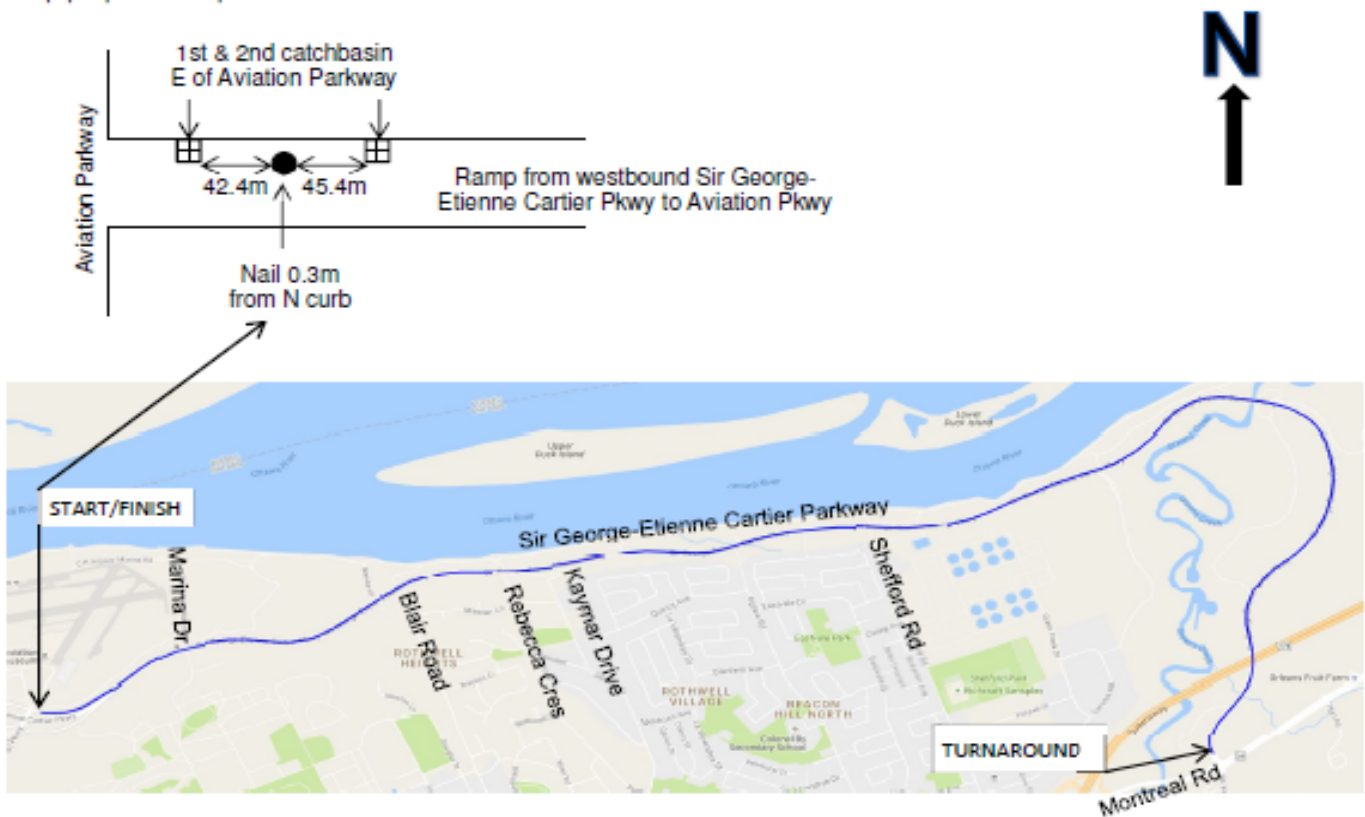


## THE MEC SPRING FLYER: 10 MILES

- Start On the off ramp from Sir George-Etienne Cartier Pkwy to Aviation Pkwy. See detail.
- 1 km S side - middle of first bend past Marina Drive.
- 2 km S side - 280m E of paved path on S side to Blair Road.
- 3 km S side - 11m W of 60 km/h sign located E of P7.
- 4 km S side - 80m E of paved/gravel path on S side to Shefford Rd. Path is W of sewage treatment plant.
- 5 km S side - 7.1m W of brown gate post at W side of entrance to P8. Nail 0.3m from edge of pavement.
- 6 km S side - 22 m W of 60 km/h sign located E of Greens Creek bridge.
- 7 km S side - at beginning of left hand bend with view to left of vehicles on Rd 174.
- 8 km S side - 3m E of concrete light pole on N side located W of concrete median W of Montreal Rd.
- Turn S side - 10.9 m W of concrete light pole on S side located W of concrete median W of Montreal Rd. Nail 0.3m from edge of pavement.
- 9 km N side - on right hand bend. 82m E of 7km mark on S side.
- 10 km N side - 68m E of 60 km/h sign located E of Greens Creek bridge.
- 11 km N side - 67m E of paved path on N side across from P8.
- 12 km N side - 38m W of paved path on N and S side to the sewage treatment plant.
- 13 km N side - 81m E of 60 km/h sign located E of guiderail.
- 14 km N side - 112m W of paved pathway on both N and S side to Rebecca Crescent..
- 15 km N side - on bend between Blair Rd and Marina Dr. Can see Aviation Museum building.
- 16 km N side - on ramp to Aviation Pkwy. 9.9m W of 3rd catchbasin grate from E end of ramp. 93m E of Finish.
- Finish Same as Start.

**Note:** Directions based on an assumed W-E direction for Sir George-Etienne Cartier Parkway.  
Runners stay to right of centreline throughout except between Start/Finish and Marina Dr where runners stay on the N side of the road.  
Km locations marked with red paint.

Map prepared: September 2016



Athletics Canada Certified  
ON-2016-115-BDC  
Certification Expires Dec. 31/2026