



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course MEC Spring Flyer Half Marathon
Certificate number ON-2016-144-BDC Distance 21.0975 km Race date April 15/2018
City Ottawa Province ON
Race contact name Chris Chapman Race contact email Chris.Chapman@mec.ca

Course Information

Start elevation 62 m Finish elevation 62 m
Elevation change 0 m/km Percent separation 0

Measurer Information

Measurer name Dave Yaeger dave.yaeger1@gmail.com 613-293-9195
Measurement date Aug. 31/2017 Expiry date Dec. 31/2026

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

Sept. 6/2017
Date

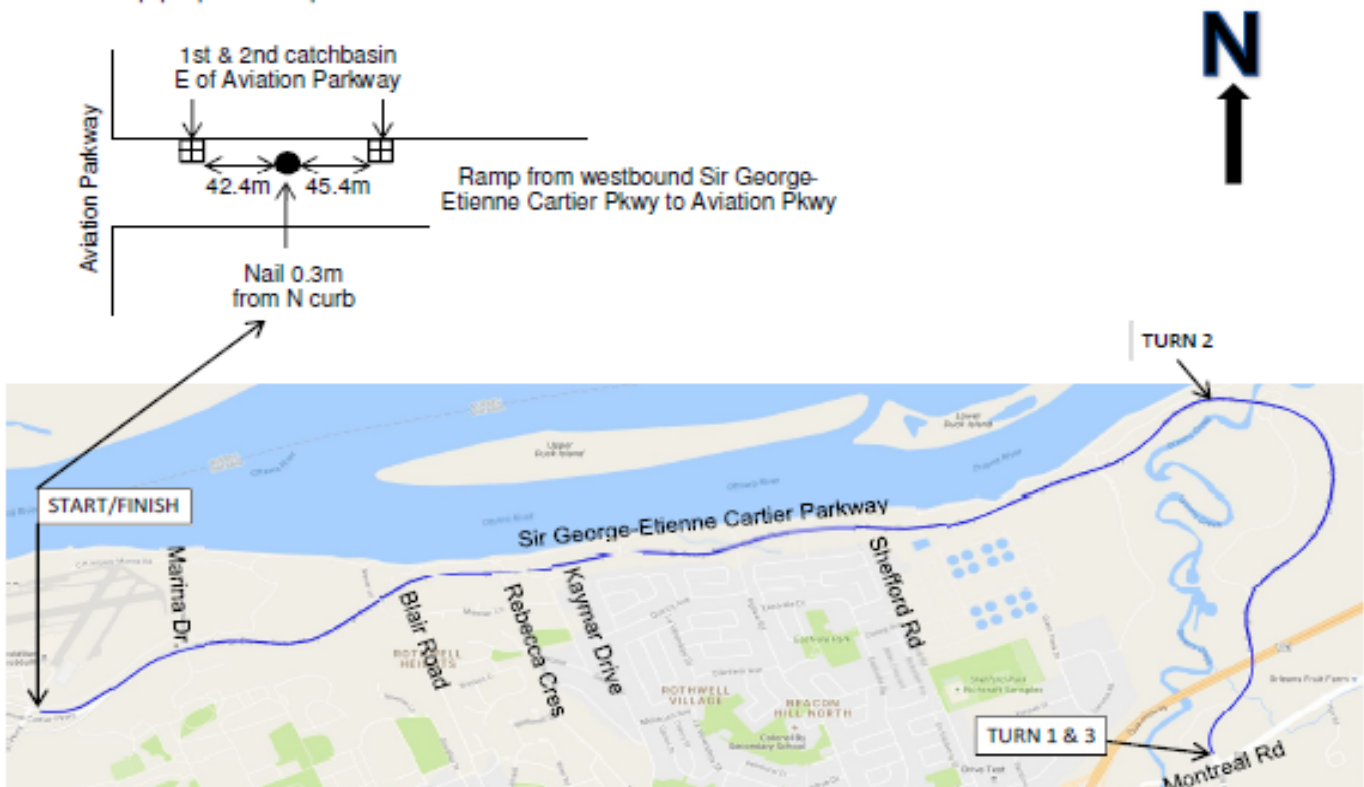
Any inquiries regarding this certificate should be directed to coursemeasurement@athletics.ca



THE MEC SPRING FLYER: HALF MARATHON

- Start On the off ramp from Sir George-Etienne Cartier Pkwy to Aviation Pkwy. See detail.
- 1km 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 & 11 km S side – 22 m W of 60 km/h sign located E of Greens Creek bridge.
- 7 & 12 km S side – at beginning of left hand bend with view to left of vehicles on Rd 174.
- 8 & 13 km S side – 3m E of concrete light pole on N side located W of concrete median W of Montreal Rd.
- Turn 1 & 3 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 & 14 km N side - on right hand bend. 82m E of 7km mark on S side.
- 10 & 15 km N side - 68m E of 60 km/h sign located E of Greens Creek bridge.
- Turn 2 N side – 212m E of W end of curb at Greens Creek bridge measured along the S side of the road.
Nail 0.3 m from edge of pavement
- 16 km N side – 67m E of paved path on N side across from P8.
- 17 km N side – 38m W of paved path on N and S side to the sewage treatment plant.
- 18 km N side – 81m E of 60 km/h sign located E of guiderail.
- 19 km N side – 112m W of paved pathway on both N and S side to Rebecca Crescent..
- 20 km N side – on bend between Blair Rd and Marina Dr. Can see Aviation Museum building.
- 21 km N side – on ramp to Aviation Pkwy. 9.9m W of 3rd catchbasin from E end of ramp. 93m E of Finish.
- Finish Same as Start.

Notes: 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.
 Route direction: Start to Turn 1; west to Turn 2; East to Turn 3; west to Finish
 Map prepared: September 2017



Athletics Canada Certified
 ON-2016-144-BDC
 Certification Expires Dec. 31/2026