



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course Reddendale Ramble 5K
Certificate number ON-2017-047-BDC Distance 5 km Race date June 17/2017
City Kingston Province ON
Race contact name Clive Morgan Race contact email physikultrunning@gmail.com

Course Information

Start elevation 88 m Finish elevation 81 m
Elevation change -1.4 m/km Percent separation 17

Measurer Information

Measurer name Clive Morgan 613-328-3164
Measurement date June 7/2017 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

 June 11/2017
Signature of certifier Date

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





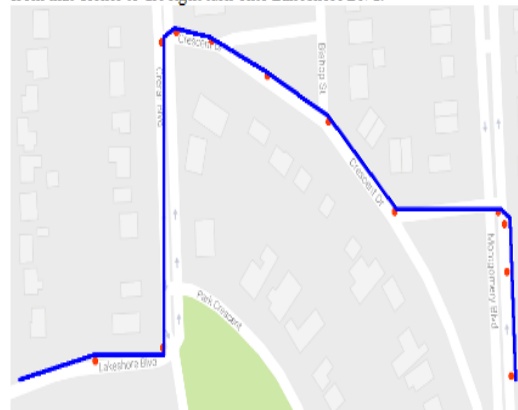
At the big curve at the bottom of Lakeshore, will use pylons again to keep them to the right side of the curve. Marshals will be ensuring that the runners follow the correct path.



Runners will continue on Lakeshore until the intersection with the south end of Crerar Blvd. Crerar is a divided boulevard and the runners will make the turn as follows:



The course continues north on Montgomery until the second left turn onto Crescent Dr. The measurer made the left turn and rode the tangent to the right turn back onto Crerar Drive again. The next turn is a left turn onto Crerar Blvd. The measurer rode the tangent from that corner to the right turn onto Lakeshore Blvd.



Reddendale Ramble 5k route description:

Start on Wartman Avenue, proceed east and turn right onto Lakeshore Blvd. Follow Lakeshore Blvd until the end and turn left onto Crerar Blvd. Proceed north on Crerar Blvd and take the second right onto Crescent Dr. Follow Crescent Dr east and south as it merges with Montgomery Blvd. Proceed south to the end of Montgomery and turn right onto Keyes St. Turn left onto Point Crescent and follow it around as it becomes Sunny Acres Rd. Proceed north on Sunny Acres Rd and take the first left onto Keyes St. Take the first right onto Montgomery Blvd, continue north on Montgomery Blvd and take the SECOND left onto Crescent Drive. Proceed west on Crescent Dr and turn right onto Crescent Drive and proceed west to Crerar Blvd. Turn left and proceed south to the end of Crerar Blvd. Turn right onto Lakeshore Blvd. Continue west on Lakeshore and take the third right onto Jorene Drive. Go north on Jorene and take the third right onto Redden St. Proceed east on Redden St to finish line adjacent to St. Andrew's By-the-Lake United Church.

For the entire route the runners will be restricted to the side of the road (marked with pylons.) With the exception of Keyes St and Point Crescent, the runners will run on the right side of the road. On Keyes they will cross from the right to the left side and then run on the left side of Point Crescent. When entering back onto Keyes St they will move from the left side back to the right side of the street and remain on the right side until the finish line.

Once on Lakeshore Blvd, the athletes stay on the right side all the way to the finish line on Redden St. There are no more alternating corners or sweeping curves on the route.

Athletics Canada Certified
 ON-2017-047-BDC
 Certification Expires Dec. 31/2026