



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

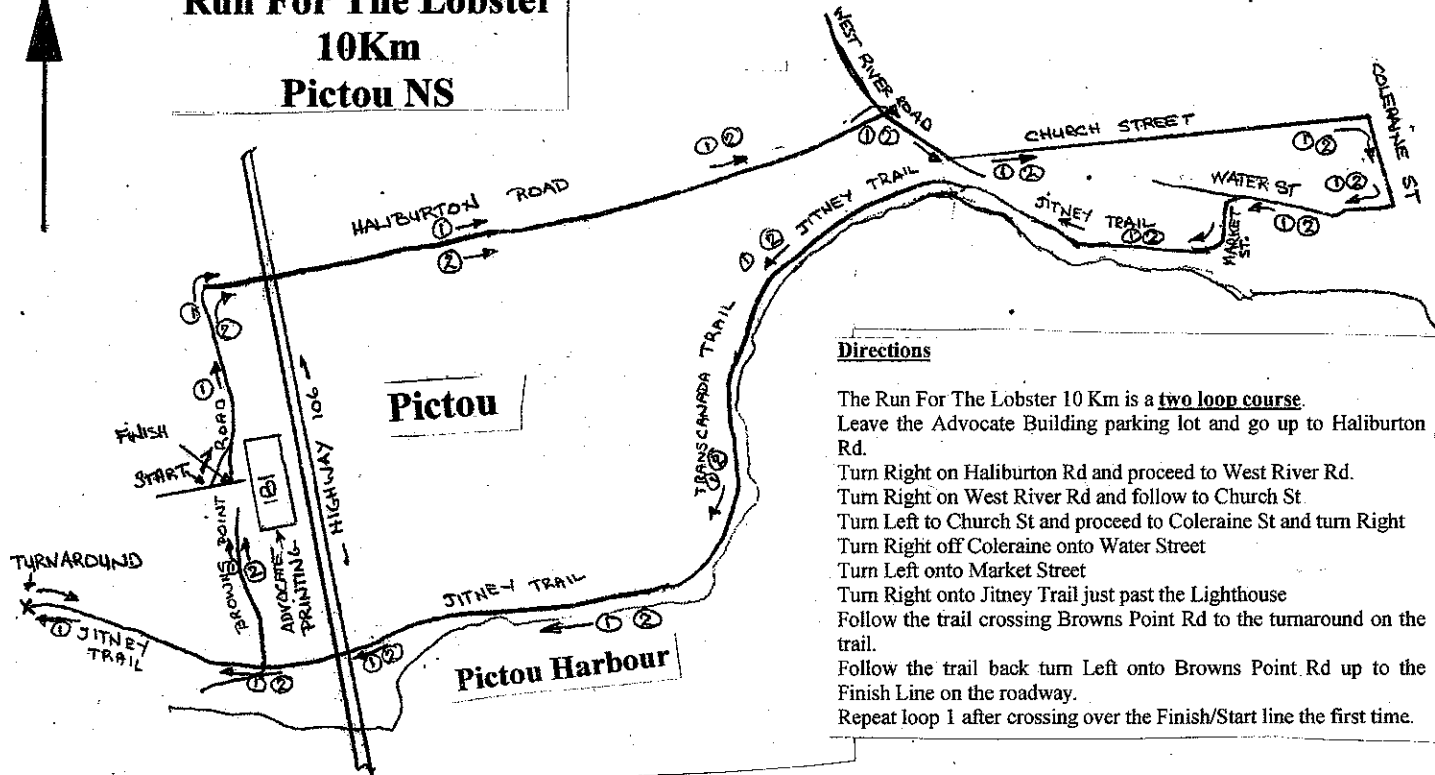
Date

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



N

**Run For The Lobster
10Km
Pictou NS**

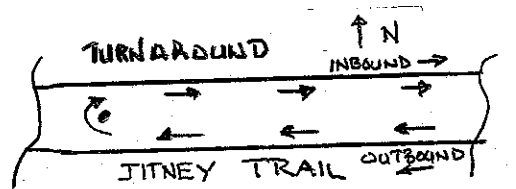


Directions

The Run For The Lobster 10 Km is a **two loop course**.
 Leave the Advocate Building parking lot and go up to Haliburton Rd.
 Turn Right on Haliburton Rd and proceed to West River Rd.
 Turn Right on West River Rd and follow to Church St
 Turn Left to Church St and proceed to Coleraine St and turn Right
 Turn Right off Coleraine onto Water Street
 Turn Left onto Market Street
 Turn Right onto Jitney Trail just past the Lighthouse
 Follow the trail crossing Browns Point Rd to the turnaround on the trail.
 Follow the trail back turn Left onto Browns Point Rd up to the Finish Line on the roadway.
 Repeat loop 1 after crossing over the Finish/Start line the first time.

The **START LINE** for the Run For The Lobster 10 Km is in the parking lot (not the roadway) in front of the Advocate Printing Building at 181 Brown's Point Road. The Start Line is a line running perpendicular to a point on the front of the building exactly 4.55 meters north from the center of the two front entrance doors. The Start Line touches the west side edge of Browns Point Road.
 The **FINISH LINE** for the Run For The Lobster 10 Km is on Brown's Point Road in front of the Advocate Printing Building. It is in line with a line that runs perpendicular out from the front entrance of the building that runs across the road and across the parking lot. The line is in line with a point on the building that is exactly 4.55 meters north of the centre point of the two entrance doors.

Note: The Start Line and Finish Line are both on the same line extended perpendicularly out from the Advocate Building with the difference being that the Start Line is in the parking lot and the Finish Line is on the roadway.



The Turnaround Point is on the Jitney Trail(Trans Canada Trail). It is exactly 166.2 meters west (measured in the center line of the trail) from the imaginary line joining the two entrance barrier gate posts just off the Browns Point Rd. Approaching the turnaround the runners will be kept to the left side(south) of the trail and will be kept to the north side after the turn

