



# ATHLETICS CANADA

## ROAD RACE MEASUREMENT CERTIFICATE

### Race Information

Name of the course Thousand Islands Parkway 5 km  
Certificate number ON-2018-002-PTBA Distance 5.0 km Race date 2018-09-08  
City Rockport Province Ontario  
Race contact name Tony Dunbar Race contact email tonyd@myhighspeed.ca

### Course Information

Start elevation 90 m Finish elevation 90 m  
Elevation change 0 Percent separation 0%

### Measurer Information

Measurer name Kevin Dunbar  
Measurement date 2018-07-15 Expiry date 2027-12-31


### 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

2018-09-04  
Date

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





THOUSAND ISLANDS PARKWAY 5K  
 ROCKPORT, ON - measured for certification  
 by KEVIN DUNBAR JULY 15, 2018

Athletics Canada Certified

ON-2018-002-PTBA

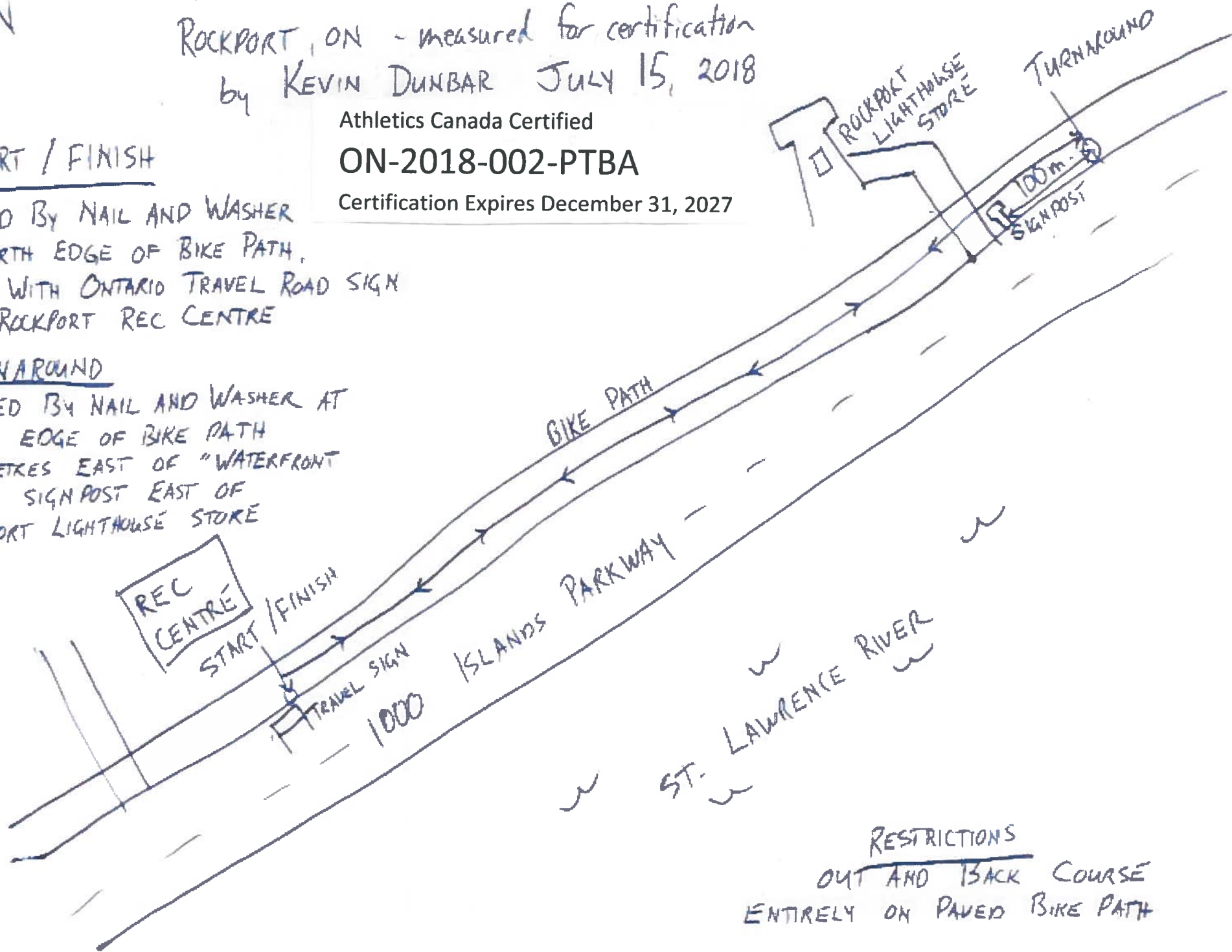
Certification Expires December 31, 2027

START / FINISH

MARKED BY NAIL AND WASHER  
 AT NORTH EDGE OF BIKE PATH,  
 EVEN WITH ONTARIO TRAVEL ROAD SIGN  
 AT ROCKPORT REC CENTRE

TURNAROUND

MARKED BY NAIL AND WASHER AT  
 NORTH EDGE OF BIKE PATH  
 100 METRES EAST OF "WATERFRONT  
 TRAIL" SIGNPOST EAST OF  
 ROCKPORT LIGHTHOUSE STORE



RESTRICTIONS  
 OUT AND BACK COURSE  
 ENTIRELY ON PAVED BIKE PATH