



ATHLETICS CANADA ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course Tough Track Mile

Certificate number MB-2019-006-DRY Distance 1 mile Race date May 04, 2019

City Winnipeg Province MB

Race contact name Andy Tough 204-963-2502 Race contact email toughtrack11@shaw.ca

Course Information

Start elevation 234 m Finish elevation 233 m

Elevation change -0.6 m/km Percent separation 68%

Measurer Information

Measurer name Murray Rose mvrose@shaw.ca 204-253-1934

Measurement date April 19, 2019 Expiry date December 31, 2028

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

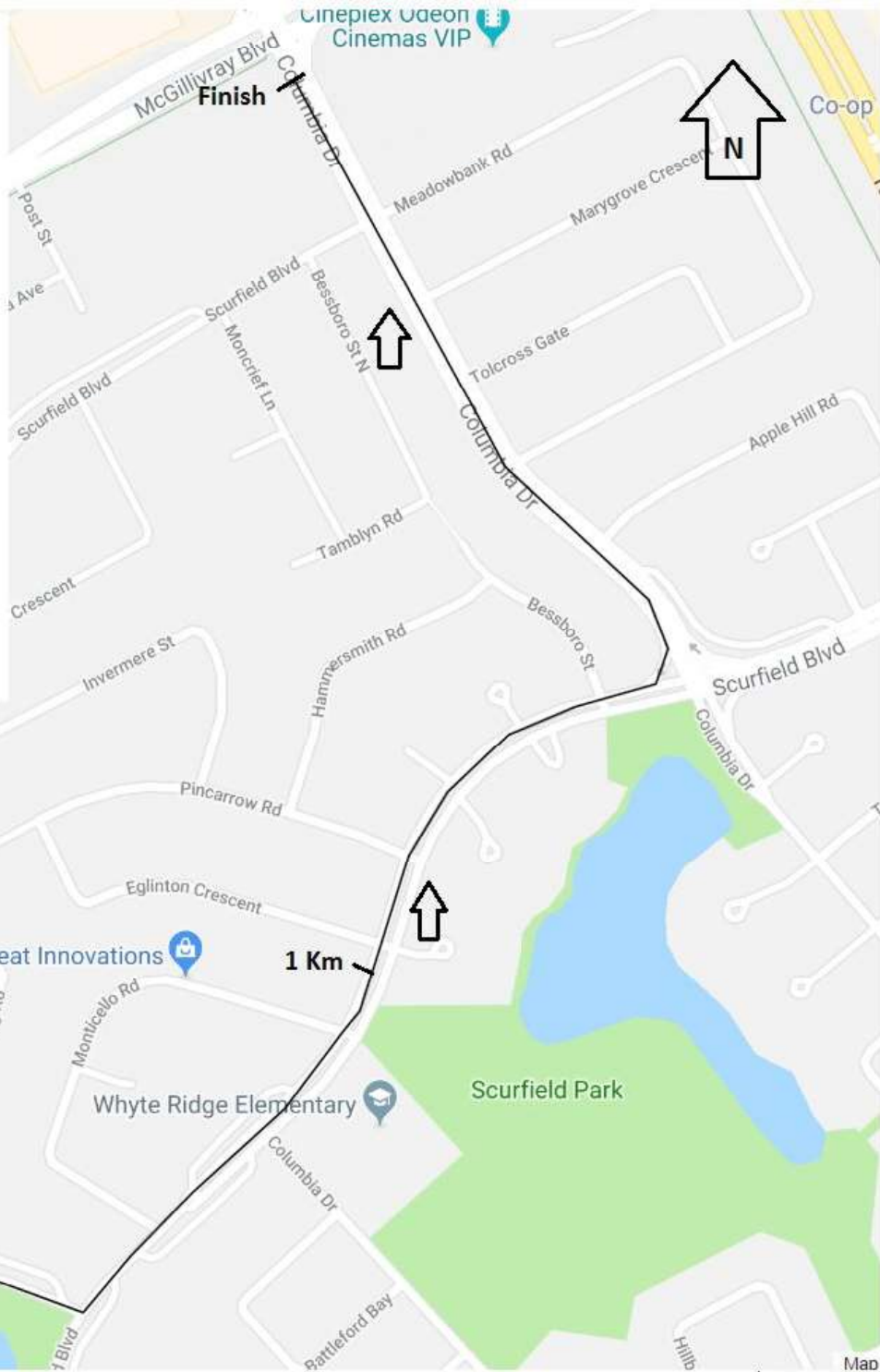
April 30, 2019

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



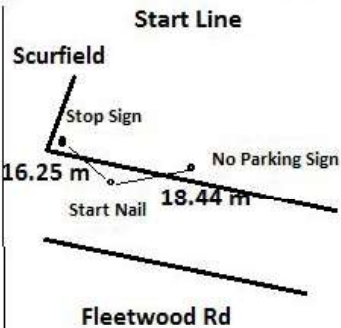
Tough Track Mile

Athletics Canada Certified
 MB-2019-006-DRY
 Certification Expires Dec 31, 2028

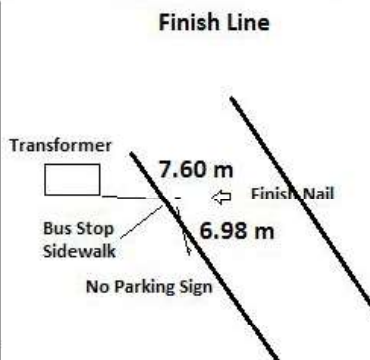


Course:
 Start Eastbound on Fleetwood
 Turn left at Scurfield (North East)
 Turn Left at Columbia through Yield lane (North West)
 Continue to finish line.

Road Restrictions:
 Fleetwood: Runners use left curb lane.
 Cones down middle of road.
 Scurfield: Runners use left curb lane.
 Cones down middle of road.
 Columbia:
 Runners use both west side lanes
 between west curb and median.

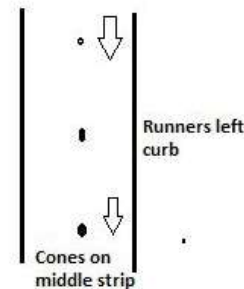


1 Km measured from Finish line to supply uncertified start line for 1 Km race.
 1 Km: 16 m east of 30 Km Sign



Finish nail even with south edge of bus stop sidewalk

Road Restrictions on Fleetwood and Scurfield



Runners keep left of cones.