



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



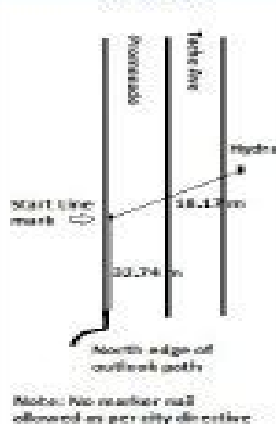
Run2Believe 10 Km

Note – 10 km is 2 laps of the course

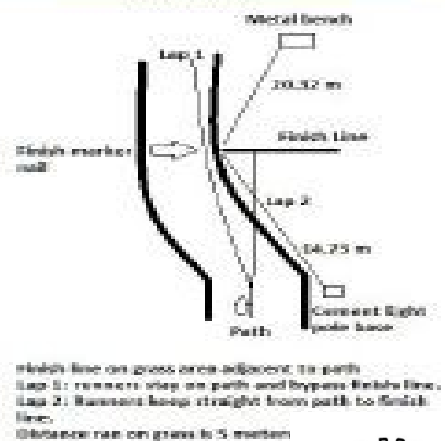


Course Descriptions Entire Course is 5KM.
 2 Laps for 10 Km.
 Lap 1: Start northbound on main road.
 Turn left onto path (North)
 Turn left at pedestrian bridge (west)
 Turn left and follow path under bridge (southwest, north)
 Continue on path up hill (North west)
 Turn left on path (South)
 Turn left onto sidewalk and cross Provescher bridge (East)
 Turn left at Tache sidewalk (North)
 Turn left onto gravel path and continue north and then east to Tache.
 Turn right onto Tache Ave (South)
 Turn right at Provescher onto sidewalk and continue across bridge (West)
 Turn right at path and continue under bridge (North, East, South)
 Continue south on Main Forks Park path (South)
 Turn left at wooden foot bridge and continue on path (South)
 Turn left at Queen Elizabeth Way bridge onto sidewalk (South-East)
 Turn left at paved path and continue to finish line.
 Turn left to bypass finish line staying on path back to start line.
 Lap 2:
 Same as lap 1 until the end.
 Runners turn right off of path onto grass area to finish line.

Start Area



Finish Area



Km Splits:

- 100 m East of Eight pole 2-853-0407
- 200 m the teacher 1 on south at trail intersection
- 300 m 5 m West paved circle
- 400 m At start of black sandbag wall on north side of trail
- 500 m 11.5 m North on corner post
- 600 m 5 m West Paved circle
- 700 m 20 m South of Gravel trail intersection
- 800 m 6 m East of Eight pole 2-853-0407
- 900 m 20 m South of end of wooden bridge.

Athletics Canada Certified
MB-2019-030-BDC
 Certification Expires Dec. 31/2028

