



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

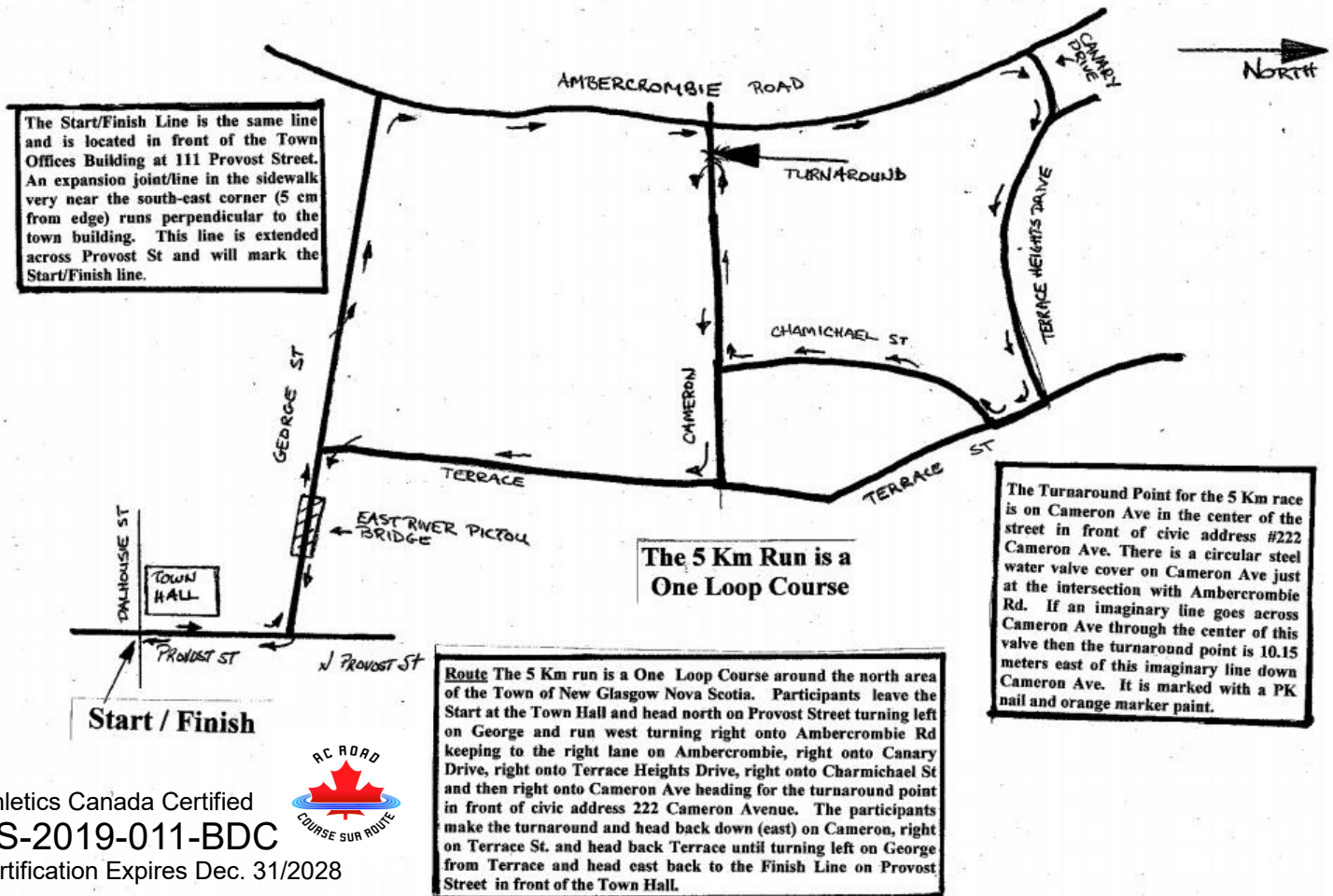
Signature of certifier

Date

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



JOHNNY MILES RUNNING EVENTS - 5 KM NEW GLASGOW NOVA SCOTIA



Athletics Canada Certified
NS-2019-011-BDC
 Certification Expires Dec. 31/2028



Course Description Apr 2019

Johnny Miles Running Events - 5 Km

On race day the participants will have access to the entire right lane of Ambercrombie Road. As well all other streets will be closed to traffic and open only to runners only. The course was measured using the Shortest Possible Distance throughout the course.

The Route.

Route

The 5 Km is a single loop course.

The runners leave the Start at Town Hall and head north on Provost Street as far as George St. They turn left on George St and run in the westerly veering right across George until reaching Ambercrombie Road where they turn right and head north on Ambercrombie Road until meeting the intersection of Canary Drive. They turn right onto Canary Drive and then right onto Terrace Heights drive proceeding east until reaching Terrace St where they proceed a short distance and turn right onto Carmichael St and from Carmichael they turn right onto Cameron Avenue and run up Cameron until they reach the turnaround point. They make the turn at the turnaround in front of civic address #222 Cameron Ave and head back down Cameron Avenue (east) until they turn right onto Terrace St head back Terrace until turning left onto George and proceed east towards Provost Street and the Finish Line. Turn Right onto Provost and proceed south to the Start/Finish line in front of the Town Hall.

The START/FINISH LINE is the same line and is located in front of the Town Offices Building on 111 Provost Street. An A sidewalk expansion joint/line in the sidewalk very near the south-east corner (5 cm from south side building edge) runs perpendicular to the town building. This line is extended across Provost St and will mark the Start/Finish line

The TURNAROUND POINT

The Turnaround Point for the 5 Km race is on Cameron Ave in the center of the street in front of civic address #222 Cameron Ave. There is a circular steel water valve cover on Cameron Ave just at the intersection with Ambercrombie Rd. If an imaginary line goes across Cameron Ave through the center of this valve then the turnaround point is 10.15 meters east of this imaginary line down Cameron Ave. It is marked with a PK nail and orange marker paint.