



# 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](mailto:coursemeasurement@athletics.ca)



**UlnoweG  
Summer Solstice Run  
5K**

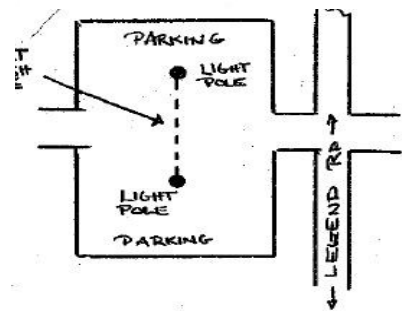
**Millbrook, Nova Scotia  
First Nations Reserve**

Athletics Canada Certified  
NS-2019-019-BDC  
Certification Expires Dec. 31/2028

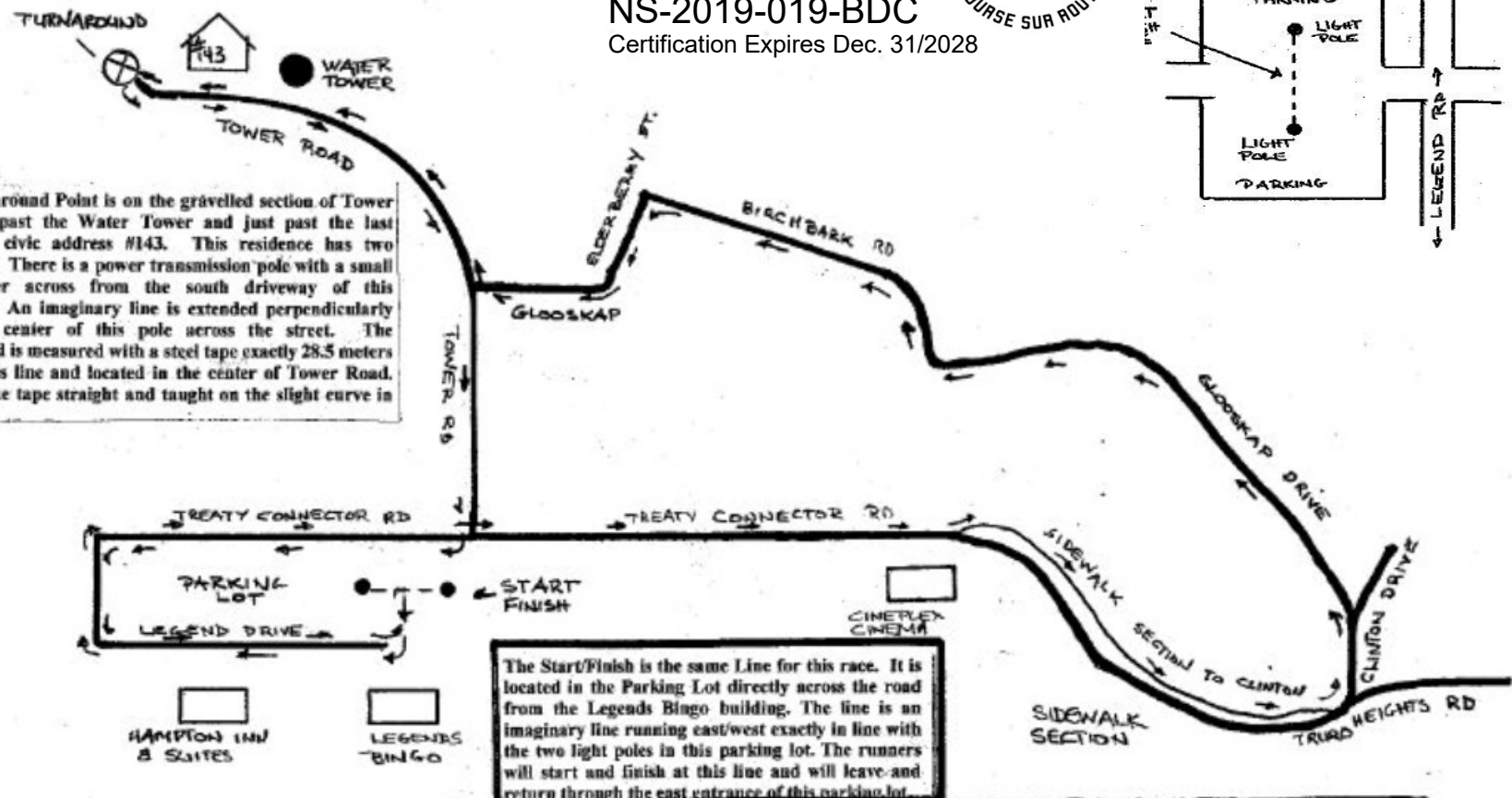


**TURNAROUND**

The Turnaround Point is on the gravelled section of Tower Road up past the Water Tower and just past the last residence, civic address #143. This residence has two driveways. There is a power transmission pole with a small transformer across from the south driveway of this residence. An imaginary line is extended perpendicularly from the center of this pole across the street. The turnaround is measured with a steel tape exactly 28.5 meters west of this line and located in the center of Tower Road. Keeping the tape straight and taught on the slight curve in the road.



LEGEND  
BINGO



The Start/Finish is the same Line for this race. It is located in the Parking Lot directly across the road from the Legends Bingo building. The line is an imaginary line running east/west exactly in line with the two light poles in this parking lot. The runners will start and finish at this line and will leave and return through the east entrance of this parking lot.

**Course Description** The participants start in the parking lot across the road from the Legends Bingo building. They run out the east entrance of the parking lot and turn right running to the end of Legend Drive and turn right and right again on to the Treaty Connector Road. When they reach the Cinetplex Cinema on the Treaty Connector they will be directed up on the west sidewalk and they will run the sidewalk until Clinton Drive. They will turn left onto Clinton, almost immediately left onto Glooscap Drive, right onto Birchbark Rd, left onto Elderberry St and right again onto Glooscap and then right onto Tower Rd and proceed on Tower Rd to the end of the paved section and onto the gravel section to the Turnaround just past civic address #143. Returning on Tower Rd, they turn right onto Treaty Connector and then left down to Legend Drive to the east entrance of the Legend Bingo parking lot to the Start/Finish Line