



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

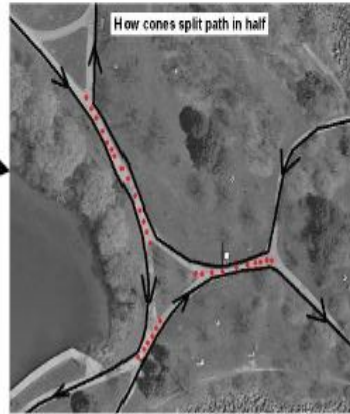
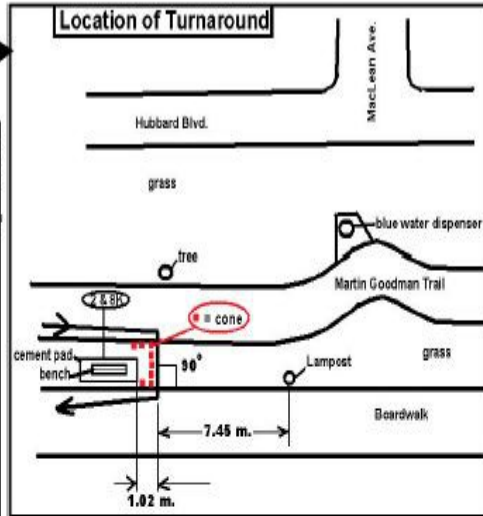
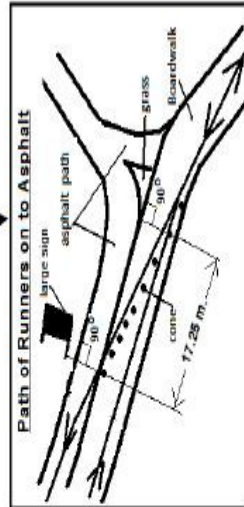
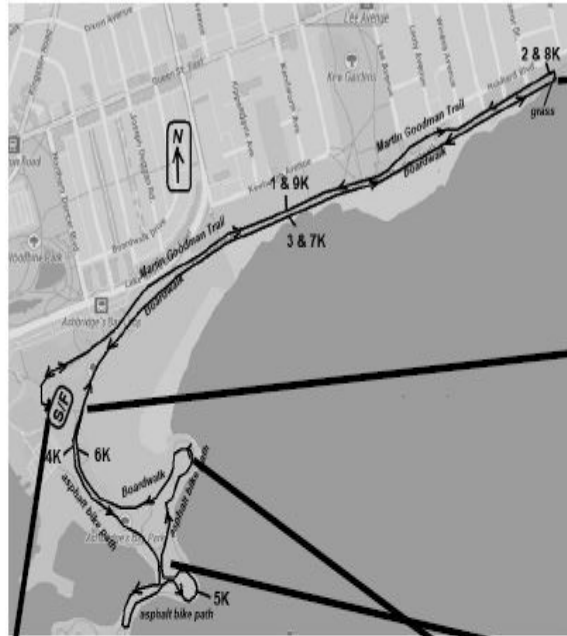
Signature of certifier  _____
Date _____

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

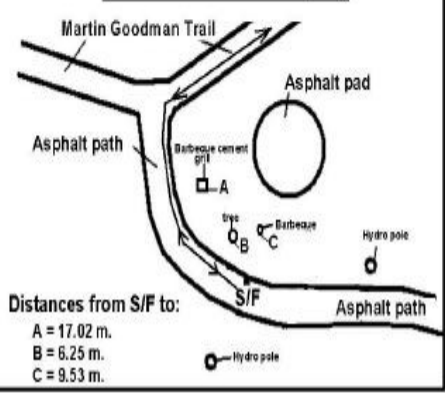


Global Energy Race by Dempster's In Toronto Sunday September 22, 19

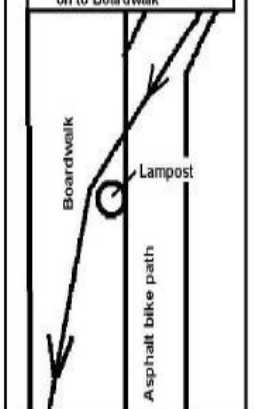
- Route Map & Schematics -



Location of Start/Finish (S/F)



Path of runners from asphalt on to Boardwalk



Split Locations of the Global Energy Race by Dempster's

Start/Finish – see schematic

1 & 9 km. - on Martin Goodman Trail – about 60 metres east of Gazebo on grass – 7 metres west of manhole on grass beside the north edge of the Trail

2 & 8 km. – on Martin Goodman Trail – just west of “Turnaround” point about 18 metres west of west edge of MacLean Ave. if that road were extended to the Trail – 11.05 metres west in a straight line from base of lamppost beside Boardwalk

3 & 7 km. – on Boardwalk about 4 metres west of manhole referenced for the 1 & 9 km. location – 1 metre west of cement pad underneath bench

4 km. – on paved path – about 172 metres west of washrooms – 23 metres north of lamppost – beside nearby tree with testimonial plaque at base

5 km. – on paved circular path – in the northeast corner – 3 metres south of large rocks visible on shoreline

6 km. – on Boardwalk – 16metres north of lamppost referenced for the 4 km. location- beside bench

- Start/Finish – on asphalt path to west of asphalt 23 metres diameter circle – then north using entire path to

- the Martin Goodman Trail turn right and go east using entire Trail to

- a “Turnaround” point about 16 metres west of west edge of MacLean Ave. if that road were extended to the Trail (see schematic), and turn right crossing a 4.5 metre grass surface to

- the Boardwalk and turn right (east) and go east using entire Boardwalk eventually moving on to a paved path at the intersection of the Boardwalk and the south end of the asphalt path the race starts on (see schematic) .

- follow this path south going keeping to the right of the washrooms - follow it south then in various directions around the various paths (some of which are split in half as shown on the accompanying schematic) eventually around the eastern end of the spit by Ashbridges Bay, going north to the

- Boardwalk – and turn left going to the right side of the lamppost - (see schematic) – continue west, then north, then east, retracing the route to the

- Start/Finish

Athletics Canada Certified
ON-2019-029-BDC
 Certification Expires Dec. 31/2028

