



# 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 inquires regarding this certificate should be directed to [coursemeasurement@athletics.ca](mailto:coursemeasurement@athletics.ca)



# RUN TO EMPOWER – 2021

## 5 KM

Start Ash Ln – W side S of Winding Lane. See detail.

1 km and Turn Scenic Drwy – E side in line with concrete light pole on W side S of Tunis Ave.

2 km Ash Ln – W side 2.9m N of 4<sup>th</sup> tree south of Cow Ln/bike path.

3 km Morningside Ln – N side 18m E of storm drain at low point in roadway.

4 km Cow Ln – N side 24m W of 4<sup>th</sup> hydro pole W of Morningside Ln.

5 km Scenic Drwy – S side approx. 250m E of Ash Ln. See detail.



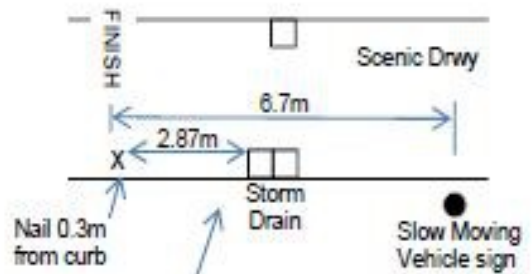
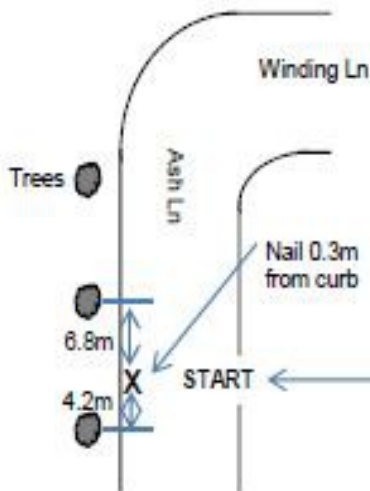
Note: Runners stay to the right of centreline on Scenic Drwy.

Runners use entire roadway on Ash, Morningside and Cow Lanes

Athletics Canada Certified

**ON-2021-014-BDC**

Certification Expires Dec 31/2030



Cone at centreline in line with concrete light pole on west side of Scenic Drwy south of Tunis Ave.



Dave Yaeger  
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September 2, 2021