



Athletics Canada/Run Canada Measurement Certificate

Name of the course Commit To Get Fit 5 km Distance 5 km
Location (city) Winnipeg (province) Manitoba
Type of course: road race ☒ calibration track Configuration: Loop
Type of surface: paved 100 % dirt _____ % gravel _____ % grass _____ % track _____ %
Elevation (meters above sea level) Start _____ m Finish _____ m Highest _____ m Lowest _____ m
Straight line distance between start & finish 60 m Drop 0 m/km Separation 1.2 %
Measured by (name, address, phone & e-mail) Patrick Riddell 8 Reinhard Place
Winnipeg, Manitoba, R2G 1Y1 204-669-2218
Race contact (name, address & phone) Darren Brereton 1095 Leila Ave.
Winnipeg, Manitoba, R2A 2W7 204-632-3905
Measuring Methods: bicycle ☒ steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: May 18, 2007
Race date: _____ Course paperwork submission date: May 28, 2008
Replaces: _____ (if applicable) Certification code: MB-2007-128-BDC

Notice to Race Director
Use this Certification Code in *all* public
announcements relating to your race.

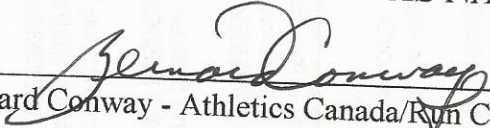
Be It Officially Noted That

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/Run 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.

This certification expires on December 31 in the year 2018

AS NATIONALLY CERTIFIED BY:


Bernard Conway - Athletics Canada/Run Canada National Certifier
- IAAF/AIMS Grade A Measurer
- USATF/RRTC Final Signatory

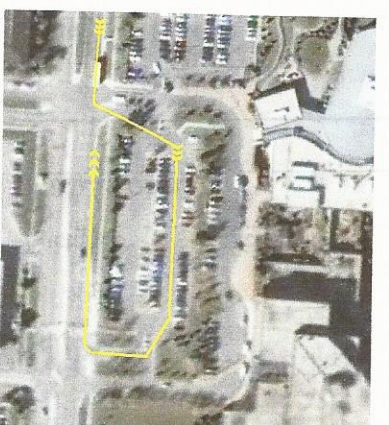
Date: May 29, 2008

67 Southwood Crescent, London, Ontario, Canada, N6J 1S8
Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: measurer@rogers.com

Commit to Get Fit 5 & 10 km Run

Prepared by:
P. Riddell

Cones to be placed on road
directing runners onto Amber
Gate Park Trail



Start Line 10km



Start Line 10km



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