



Athletics Canada/Run Canada
Measurement Certificate

Name of the course Commit To Get Fit 10 km Distance 10 km
Location (city) Winnipeg (province) Manitoba
Type of course: road race ☒ calibration ☐ track ☐ Configuration: 2 Laps
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 1.10 m Drop 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-2007-129-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 Date: May 29, 2008
Bernard Conway - Athletics Canada/Run Canada National Certifier
- IAAF/AIMS Grade A Measurer
- USATF/RRTC Final Signatory

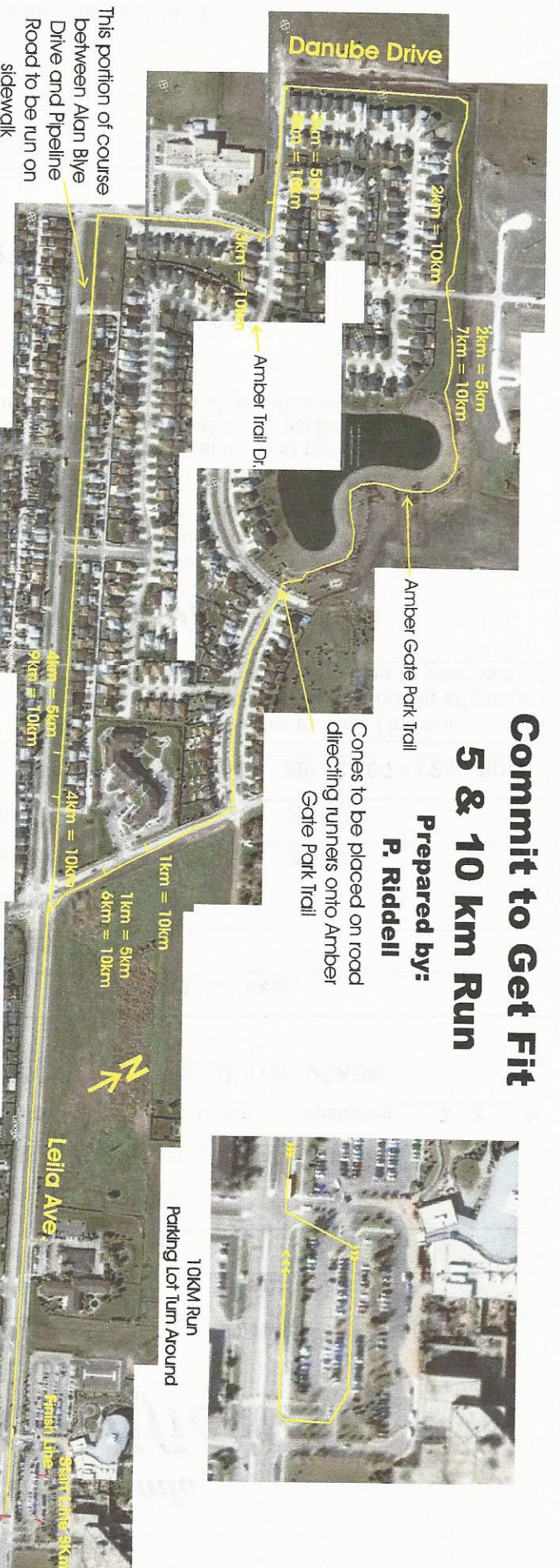
67 Southwood Crescent, London, Ontario, Canada, N6J 1S8

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



10km Run Distance Locations

This portion of course
between Alan Bye
Drive and Pipeline
Road to be run on
sidewalk

1km - 30m North of Amber Meadow apartment sign west
side Pipeline Rd. Approx. 1.50m North of Liela Ave. And
Pipeline Rd.

GPS 140631893/5535731

2km - N.W. Corner Amber Gate Park Trail and Novara Dr.
GPS 140631330/55356361

3km - 1.1m South on West side of Alan Bye Dr. From the
corner of Amber Trail Dr. And Alan Bye Dr.
GPS 187/5536154

4km - Sidewalk in the middle of brown brick (westside of
house) at 1311 Liela Ave.
GPS 140631790/5535622

5km - Start Line 5km run in Parking Lot
GPS 140632691/5535238

6km - 30m South of the Amber Meadows Apartment Sign
located E side of Pipeline Rd.
GPS 140631902/5535668

7km - 60m E on Amber Gate Park Trail from the SE corner
Novara Dr and Amber Gate Park Trail between the 2nd and
3rd light poles going E
GPS 140631397/5535347

8km - S Side Amber Trail across from 73 Amber Trail Drive
10m E of Novara Dr.
GPS 140631143/5535186

9km - 1.6m W from the W edge sidewalk at 1327 Liela Ave.
(On Sidewalk)
GPS 140631736/5535651

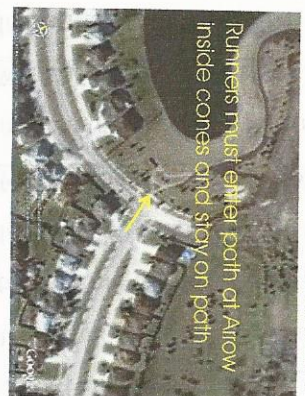
5km Run Distance Locations

1km - Same as 6km on 10km Run

2km - Same as 7km on 10km Run

3km - Same as 8km on 10km Run

4km - Same as 9km on 10km Run



PK NAIL LOCATIONS

- A - Finish Line Between Stalls 69 and 70
Fire Hydrant 15.42m North
Concrete Base of Power Box 15.55m NE
Light Pole 13.10m SSW
- B - Start Line 5KM
Parking Lot Light Pole 13.80m N
Edge of Concrete Curb 3.1m W
Concrete Base of Power Box 3.6m SW
- C - Start Line 10KM
Street Light Pole 36.55m W
Parking Lot Light Pole 8.40m N
Pedestrian Crosswalk 18.55m E

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