



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Rattle Me Bones 5K Distance 5 km  
Location (city) Ottawa (province) Ontario  
Type of course: road race ☒ calibration track Configuration: Partial Loop  
Type of surface: paved 100 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %  
Elevation (meters above sea level) Start 82 ft Finish 82 ft Highest 85 ft Lowest 78 ft  
Straight line distance between start & finish 200 m Drop 0 m/km Separation 4 %  
Measured by (name, address, phone & e-mail) John Halvorsen, 37 Pentland Crescent  
Kanata, Ontario, K2K 1V6 & Manny Rodrigues, 218 Florence St., Ottawa  
Race contact (name, address & phone) Kent Woodhall, c/o Ottawa Hospital  
1053 Carling Ave., Ottawa, ON, K1Y 4E9 613-798-5555 (ext. 14508)  
Measuring Methods: bicycle ☒ steel tape electronic distance meter  
Number of measurements of entire course: two Date(s) when course measured: Oct. 14, 2007  
Race date: \_\_\_\_\_ Course paperwork submission date: Oct. 23, 2007  
Replaces: \_\_\_\_\_ (if applicable) Certification code: ON-2007-106-BDC

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

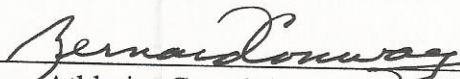
## Be It Officially Noted That

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 2017*

**AS NATIONALLY CERTIFIED BY:**



Date: Oct. 24, 2007

Bernard Conway - Athletics Canada/Run Canada National Certifier

- IAAF/AIMS Grade A Measurer
- USATF/RRTC Final Signatory

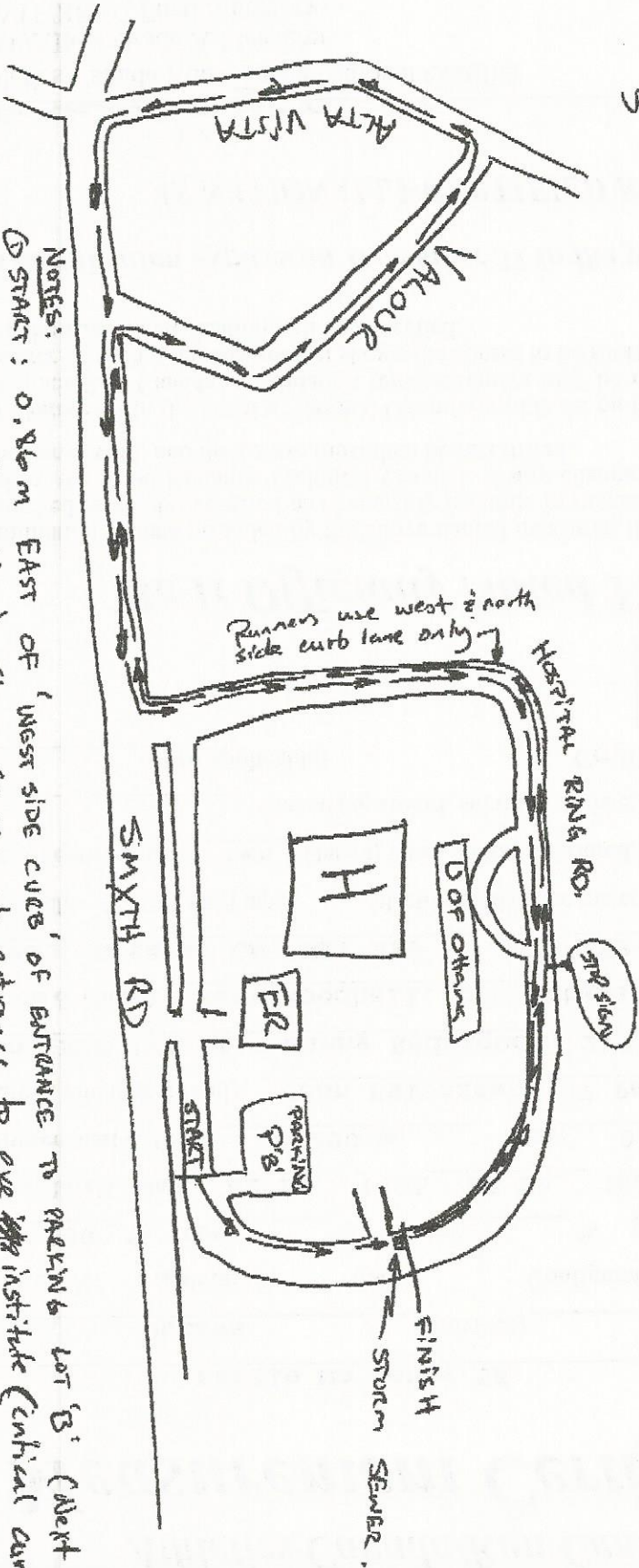
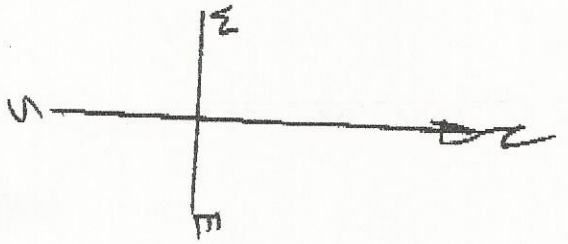
67 Southwood Crescent, London, Ontario, Canada, N6J 1S8

Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: [measurer@rogers.com](mailto:measurer@rogers.com)

# RATTLE ME BONES SK, OTTAWA, ON (By John Halvorsen)

Lane restrictions (per notes below) to be enforced by cones!

ON-2007-106-BDC



## Notes:

- ① START: 0.8km EAST OF 'WEST SIDE CURB' OF ENTRANCE TO PARKING LOT 'B' (Next to ER)
- ② FINISH: North side of Storm Sewer at entrance to eye institute (Circular drive W/ing)
- ③ From Start to stop sign @ Ottawa exit runners have whole road. Same on the way back to finish.
- ④ on Smyth Rd use only North lane (west bound)
- ⑤ on Valour use only East side lane (North Bound)
- ⑥ on ALTA VISTA use only East side lane (North Bound)
- ⑦ on Ring Road use only North-west lane (west Bound)