



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Army Run 5 km Distance 5 km  
Location (city) Ottawa (province) Ontario  
Type of course: road race ☒ calibration track Configuration: Loop  
Type of surface: paved 100 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %  
Elevation (meters above sea level) Start 69 m Finish 67 m Highest \_\_\_\_\_ m Lowest \_\_\_\_\_ m  
Straight line distance between start & finish 200 m Drop 0.4 m/km Separation 4 %  
Measured by (name, address, phone & e-mail) John Halvorsen 37 Pentland Cr. Kanata, ON  
And Jim Robinson P.O. Box 426 Station A, Ottawa, ON  
Race contact (name, address & phone) Chris Horeczy c/o Jim Robinson  
P.O. Box 426, Station A, Ottawa, Ontario, K1N 8V5  
Measuring Methods: bicycle ☒ steel tape electronic distance meter  
Number of measurements of entire course: 2 Date(s) when course measured: July 27, 2008  
Race date: \_\_\_\_\_ Course paperwork submission date: Aug. 6, 2008  
Replaces: \_\_\_\_\_ (if applicable) Certification code: ON-2008-052-BDC

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

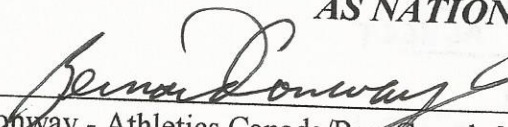
## Be It Officially Noted That

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:**

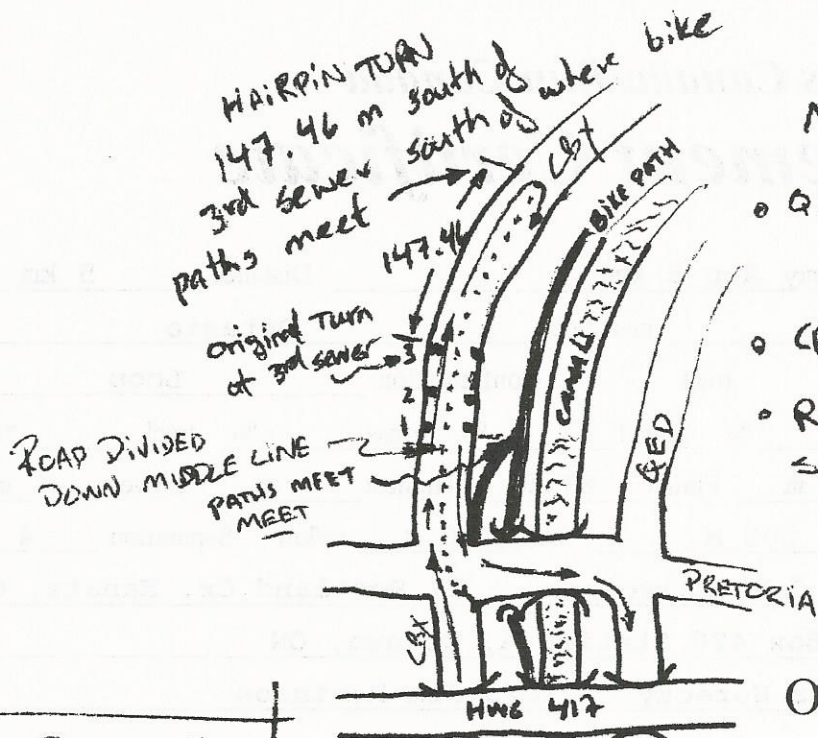
  
Bernard Conway - Athletics Canada/Run Canada National Certifier  
- IAAF/AIMS Grade A Measurer  
- USATF/RRTC Final Signatory

Date: Aug. 8, 2008

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)



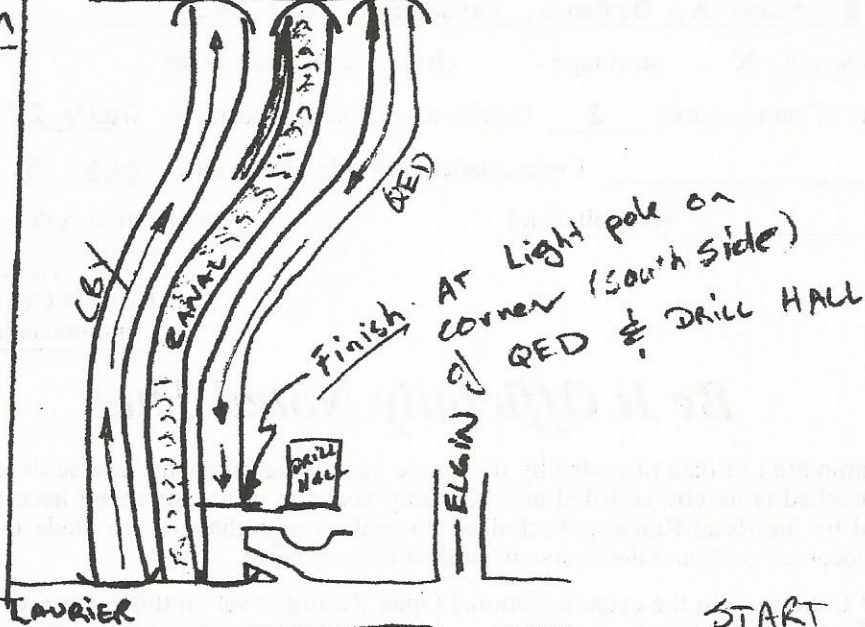
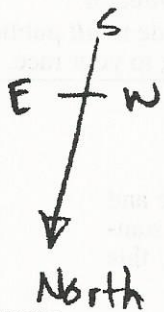


### NOTES:

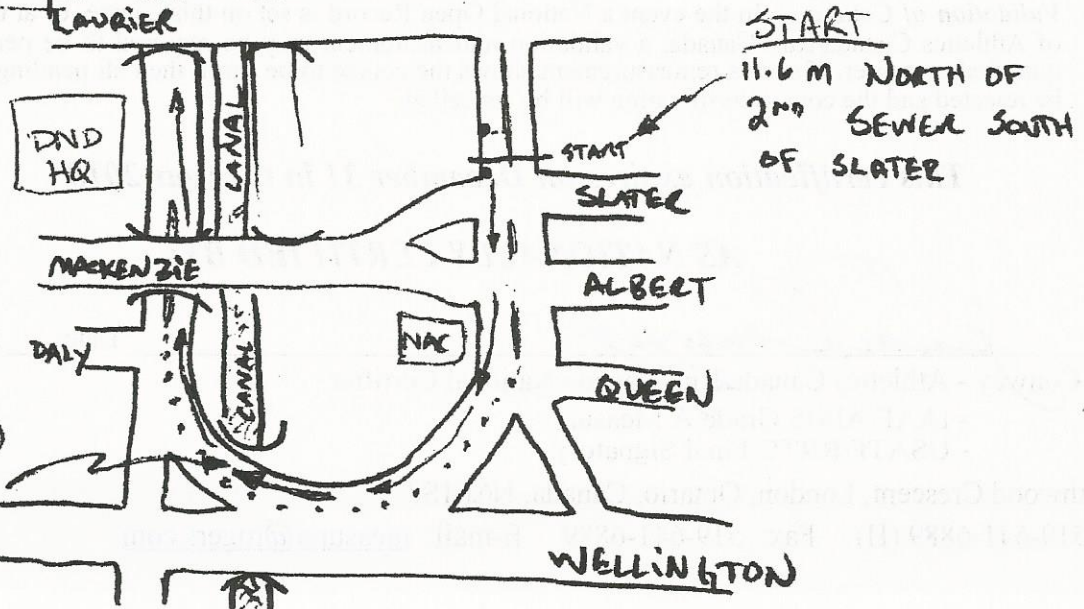
- QED = Queen Elizabeth Drive way
- CBY = Colonel By Drive
- Runners have full road surface unless indicated

### ARMY RUN 5km

John Halvorsen  
July 28, 2008  
Not to Scale



ON-2008-052-BDC



Runners use  
curb side lanes (2)  
only until DALY.