



*Athletics Canada/Run Canada*  
**Measurement Certificate**

Name of the course Cochrane Foothills Marathon Distance 42.195 km  
Location (city) Cochrane (province) AB  
Type of course: road race  calibration track Configuration: Loop  
Type of surface: paved 100 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %  
Elevation (meters above sea level) Start 1162 m Finish 1179 m Highest 1351 m Lowest 1162 m  
Straight line distance between start & finish 392 m Drop -0.40 m/km Separation 0.9 %  
Measured by (name, address, phone & e-mail) Marcel LaMontagne 1827 Bay Shore Rd. SW  
Calgary, AB, T2V 3M2 403-874-1185  
Race contact (name, address & phone) Martin Parnell 121 West Terrace Rise  
Cochrane, AB, T4C 1S3 403-668-1669  
Measuring Methods: bicycle  steel tape electronic distance meter  
Number of measurements of entire course: 2 Date(s) when course measured: Nov. 5, 2009  
Race date: \_\_\_\_\_ Course paperwork submission date: Nov. 10, 2009  
Replaces: \_\_\_\_\_ (if applicable) Certification code: AB-2009-131-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 2019***

**AS NATIONALLY CERTIFIED BY:**

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

Date: Nov. 16, 2009

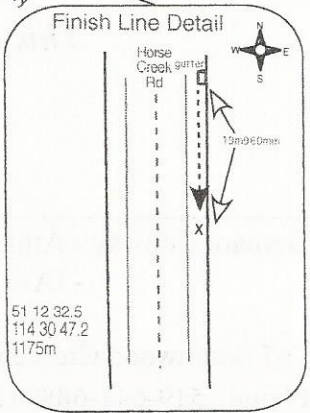
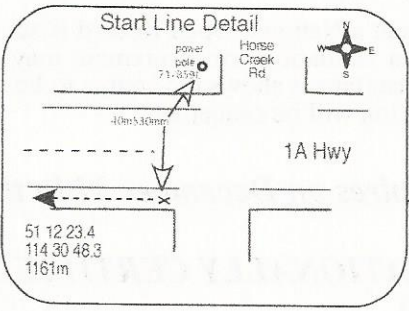
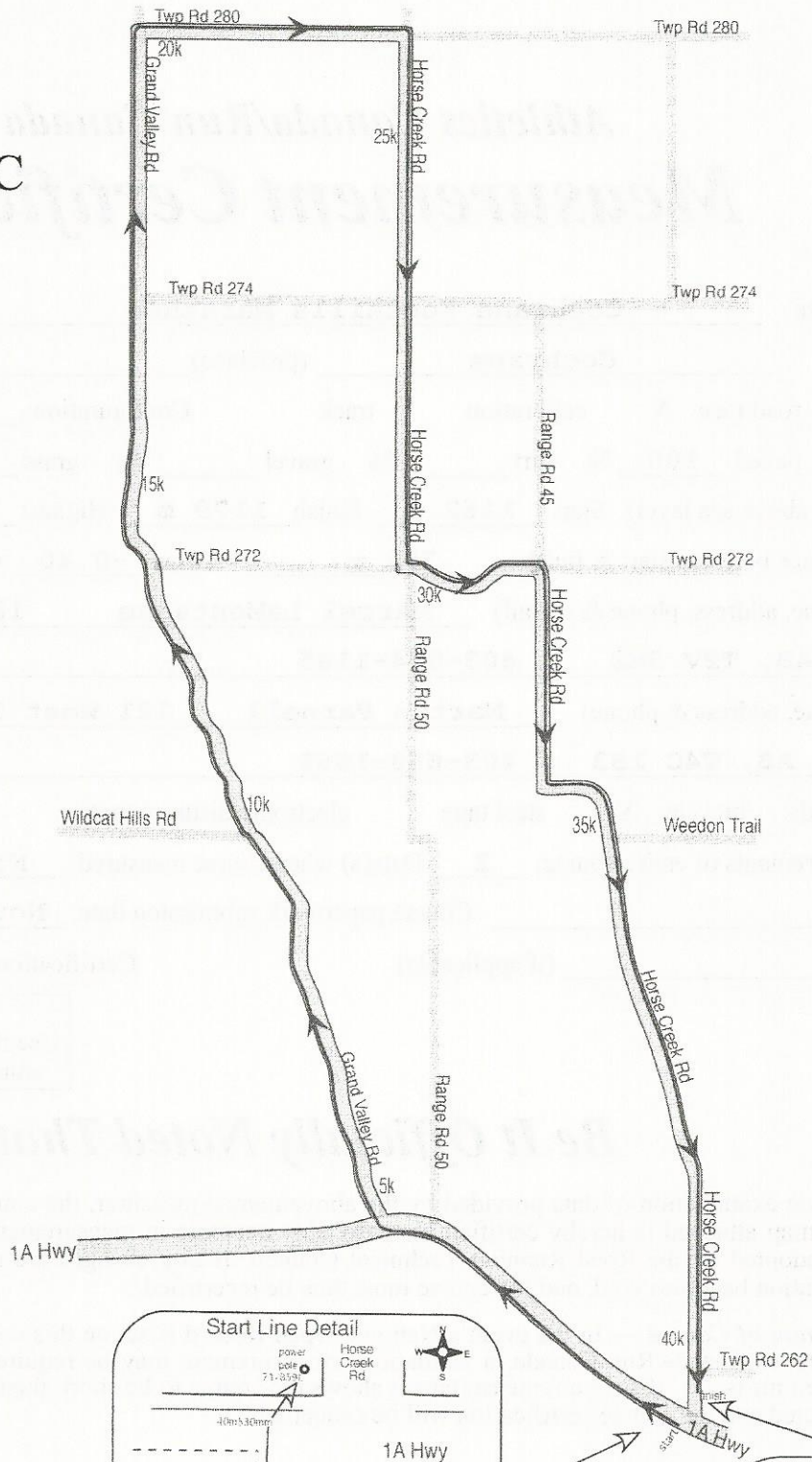
67 Southwood Crescent, London, Ontario, Canada, N6J 1S8

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

# Cochrane Foothills Marathon

## AB-2009-131-BDC

Start Line 0m  
 51 12 23.4 114 30 48.3 1161m  
 Range Rd 50 4,029m  
 51 13 39.6 114 33 35.3 1187m  
 Grand Valley Rd 4,602m  
 51 13 41.5 114 34 05.2 1179m  
 5,000m  
 51 13 51.7 114 34 15.5 1179m  
 Wildcat Hills Rd 9,727.27m  
 51 16 14.8 114 35 28.3 1233m  
 10,000m  
 51 16 22.5 114 35 35.1 1236m  
 Twp Rd 272 13,280m  
 51 18 00.4 114 36 30.3 1245m  
 15,000m  
 51 18 53.1 114 36 40.0 1271m  
 Twp Rd 274 16,609m  
 51 19 45.2 114 36 39.6 1304m  
 Twp Rd 280 19,794m  
 51 21 30.2 114 36 41.9 1345m  
 20,000m  
 51 21 30.2 114 36 31.2 1345m  
 Range Rd 51 21,463m  
 51 21 29.9 114 35 15.4 1349m  
 Horse Creek Rd 23,102m  
 51 21 29.5 114 33 50.6 1341m  
 25,000m  
 51 20 28.0 114 33 50.7 1310m  
 Twp Rd 274 26,328m  
 51 19 44.9 114 33 51.1 1300m  
 Twp Rd 272 29,559m  
 51 18 00.5 114 33 05.4 1318m  
 30,000m  
 51 17 57.0 114 33 28.2 1310m  
 Horse Creek Rd 31,288m  
 51 17 59.3 114 32 26.3 1270m  
 35,000m  
 51 16 20.4 114 31 44.8 1272m  
 Weedon Trail 35,188m  
 51 16 14.3 114 31 43.5 1271m  
 40,000m  
 51 13 43.6 114 30 47.7 1223m  
 Twp Rd 262 41,820m  
 51 12 44.6 114 30 47.9 1179m  
 42,195m  
 51 12 32.6 114 30 47.2 1175m  
 392.392m from start line.



All split locations (each km, mile out/remains) are marked with a pk nail & washer, painted and GPS referenced.

Course Measurer: Marcel LaMontagne 403.874.1185

Course Measured: November 5, 2009