



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Humber Valley Marathon Distance 42.195 km  
Location (city) Corner Brook (province) NL  
Type of course: road race ☒ calibration track Configuration: Out & Back Twice  
Type of surface: paved 100 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %  
Elevation (meters above sea level) Start 24 m Finish 24 m Highest 38 m Lowest 2 m  
Straight line distance between start & finish 0 m Drop 0 m/km Separation 0 %  
Measured by (name, address, phone & e-mail) Steve Howlett

Race contact (name, address & phone) Michael Coyne 31 Central St., Corner Brook, NL  
A2H 2M5 or Steve Howlett Corner Brook, NL 709-785-5378

Measuring Methods: bicycle ☒ steel tape electronic distance meter

Number of measurements of entire course: 2 Date(s) when course measured: Oct. 2 & 3, 2009

Race date: 2014 Course paperwork submission date: Oct. 14, 2009

Replaces: \_\_\_\_\_ (if applicable)

Certification code: NL-2009-165-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 - Athletics Canada/Run Canada National Certifier

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

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Date: March 19, 2014

## NL-2009-165-BDC

Runners have access to the full roadway until they enter the TCH (start and finish) at which point they will be forced to run on the paved shoulder going out and back. This part of the TCH is a busy 4-lane highway divided by a median.

SD is short for 'storm drain'

Humber Valley Marathon  
Corner Brook, NL

## Marathon - 2 Laps

