



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Marathon Matters Marathon Distance 42.195  
Location (city) Regina (province) SK  
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Out/Back (2 laps)  
Type of surface: paved 99 % dirt      % gravel 1 % grass      % track      %  
Elevation (meters above sea level) Start 575 ft Finish 575 ft Highest 580 ft Lowest 570 ft  
Straight line distance between start & finish 0 m Drop 0 m/km Separation 0 %  
Measured by (name, address, phone & e-mail) Milos Kostic #307-2050 College  
Regina, SK, S4P 4M3 306-585-3468  
Race contact (name, address & phone) Milos Kostic  
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐  
Number of measurements of entire course: 2 Date(s) when course measured: Sept. 28, 2009  
Race date:      Course paperwork submission date: Nov. 8, 2009  
Replaces:      (if applicable) Certification code: SK-2009-132-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

Date: Nov. 16, 2009

- 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)

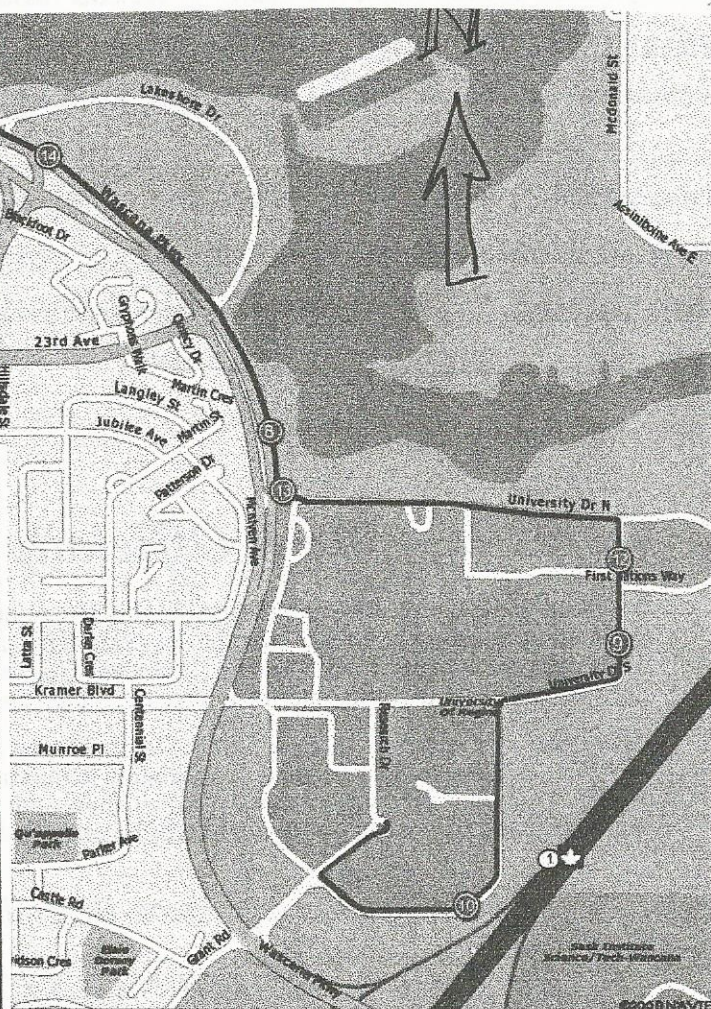
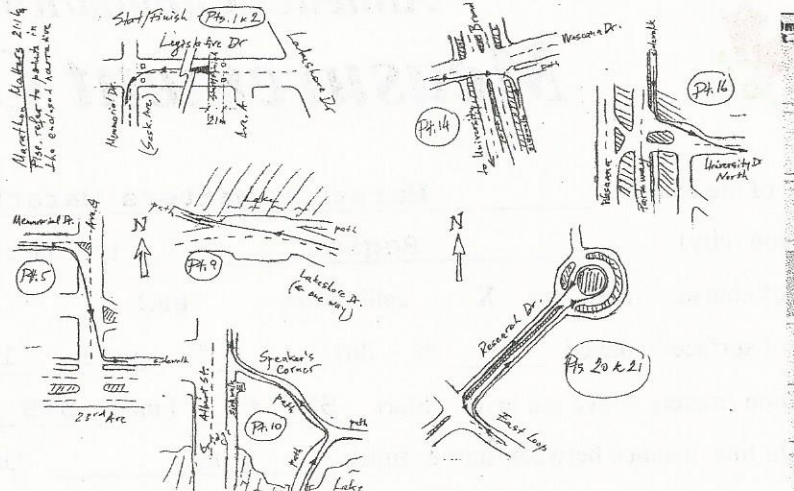


# Marathon Matters 21.1 km Loop

DISTANCE [4]21.1 km LOCATED Regina, Saskatchewan

## ROUTE DESCRIPTION:

Marathon Matters is a 21.1 km (half marathon), out- and- back route through Wascana Park and University of Regina campus. It starts and ends on Legislative Dr. in front of the Saskatchewan Legislative Assembly Bldg. Turnaround at 11.55 km is by running counterclockwise around the Research Dr. traffic circle.



POINT	AT	DIRECTION	FOR	NOTES
1	0 km			START/FINISH 21 m to the west of concrete pillars on the east side of Legislative Dr. where it is joined by Ave. A.
2	0 km	west	0.28 km	Run west towards Memorial Dr. (renamed from Saskatchewan Ave.). Stay between the centreline and the right-hand-side curb.
3	0.28 km	turn left, south	1.04 km	Turn south on Memorial Drive. Stay between the concrete pillars through the turn. On Memorial Dr. keep between the centreline and the r/s curb.
4	1.33 km	turn left, east	0.24 km	Stay on Memorial Drive, turn left and continue towards Ave. G.
5	1.56 km	turn right, south	0.11 km	Turn south onto Avenue G. Run diagonally across Ave. G towards the north sidewalk on 23rd Ave.
6	1.67 km	turn left, east	0.46 km	Proceed east on the north sidewalk of 23rd Ave. towards Old Broad St.
7	2.12 km	turn left, north	0.38 km	Turn north onto Old Broad Street. Continue towards Lakeshore Drive. Run between curbs.
8	2.50 km	turn left, west	1.49 km	Left turn onto Lakeshore Dr. Continue towards Boat Landing in front of the Legislature Flower Garden. Until Legislative drive, run between the centreline and the r/s curb; the section of Lakeshore Dr. between Legislative Dr and Boat Landing is one way only, so this section run curb-to-curb with the traffic.
9	3.99 km	west, north	0.38 km	Approaching Boat Landing step onto step onto north sidewalk and cut the shortest line towards the asphalt path leading over the pedestrian bridge towards the path on the north side of the lake.
10	4.37 km	turn left, north-west	0.07 km	Upon reaching the path on the north side of Wascana, take sharp turn left through Speaker's corner towards the Albert St. sidewalk.
11	4.44 km	turn right, north	0.38 km	Turn right onto Albert St. sidewalk (east side of street) and continue north towards College Ave.
12	4.80 km	turn right, east	0.31 km	At College Ave. turn right and continue on the sidewalk towards Wascana Dr.
13	5.11 km	turn right, south-east	1.50 km	At Wascana Dr., step off the sidewalk and turning right continue south-east through the Park towards Broad St. Keep between the centreline and the r/s curb.
14	6.61 km	cross Broad St., turn right, south, cross Lakeshore Dr.	0.43 km	Reaching Broad St., cross it at the pedestrian crosswalk and turn right onto its east side sidewalk. Proceed southwards on the sidewalk, over the Wascana bridge, cross Lakeshore Dr., and continue south on the sidewalk towards the University of Regina.
15	7.04 km	south, cross Lakeshore Dr. again	1.12 km	Running south, cross Lakeshore Dr. again and continue towards the University of Regina.
16	8.17 km	turn left, east	0.70 km	Reaching University Dr. North, step off the sidewalk and turning left proceed east towards University Dr. East. Keep between the centreline and the r/s curb.
17	8.87 km	turn right, south	0.40 km	Turn right and proceed south on University Dr. East. Stay between the centreline and the r/s curb.
18	9.20 km	turn right, west	0.25 km	Turn right onto University Dr. South and proceed towards East Loop. Keep between the centreline and the r/s curb.
19	9.51 km	turn left, south, west	0.85 km	Turn left onto East Loop and continue south and west towards Research Dr. Stay between the centreline and the r/s curb.
20	10.39 km	turn right, north-east	0.21 km	Turn right on Research Dr. and continue north-east towards the traffic circle about 100 m up the road. Research Dr. is a divided highway; run with the traffic between the curbs.
21	10.55 km	circle the island counterclockwise, run back to the Start	10.55 km	Continue counterclockwise around the the traffic circle island. Half way point is half way around the circle. Retrace the steps to the Start on Legislative Dr.
22	21.10 km		21.10 km	Repeat the loop.
23	42.20 km			FINISH

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