



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Calgary 5 km Distance 5 km  
Location (city) Calgary (province) Alberta  
Type of course: road race ☒ calibration track Configuration: Loop  
Type of surface: paved 100 % dirt      % gravel      % grass      % track      %  
Elevation (meters above sea level) Start 1050 m Finish 1050 m Highest 1050 m Lowest 1039 m  
Straight line distance between start & finish 271 m Drop 0 m/km Separation 5 %  
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) Cheryl Lowry PO Box 296, Station M  
Calgary, AB, T2P 2H9 403-264-5996  
Measuring Methods: bicycle ☒ steel tape electronic distance meter  
Number of measurements of entire course: 2 Date(s) when course measured: Apr. 2/2010  
Race date: May 30/2010 Course paperwork submission date:       
Replaces:      (if applicable) Certification code: AB-2010-024-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.

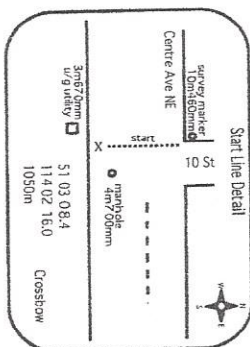
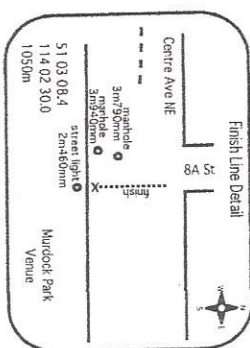
*This certification expires on December 31 in the year 2019*

**AS NATIONALLY CERTIFIED BY:**

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

Date: Apr. 28/2010

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)



**Route Description:**

Start  
Centre Ave - ER  
12 Street - ROC  
Memorial Dr access - ROC  
Baines Bridge - ROC  
St Patrick's Island Path - ROC  
Zoo Rd - ROC  
Turn Around  
Zoo Rd - ROC  
Baines Bridge - ROC  
Memorial Dr access - ROC  
12 Street - LOC  
McDougall Rd - ROC  
Murdock Park Path - ROC  
7A Street walk - ER  
Centre Ave - ER  
Finish

Entire Road - ER  
Right of Centre - ROC  
Left of Centre - LOC

**GPS Coordinates**

Distance (km)	Latitude	Longitude	Altitude (m)
Start	51 03 08.4	114 02 16.0	1050m
1 km	51 02 51.0	114 02 02.5	1042m
2 km	51 02 49.8	114 02 33.0	1040m
T/A	51 02 41.1	114 01 56.5	1040m
3 km	51 02 44.6	114 02 02.6	1039m
4 km	51 03 03.4	114 02 02.6	1045m
Finish	51 03 08.4	114 02 30.0	1050m

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

From start line on the roadway on the north side of Bowness Park to finish line at the same location all corners are to be coned and marshalled.

Course Measurers: Marcel LaMontagne 403.874.1185

Course Measured: April 2, 2010

