



Athletics Canada/Run Canada Measurement Certificate

Name of the course Footstock 10 km Distance 10 km
Location (city) Cochrane (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 1119 m Finish 1119 m Highest 1142 m Lowest 1115 m
Straight line distance between start & finish 0 Drop 0 m/km Separation 0 %
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) Jamie Grant 19 Bow River Drive
Cochrane, AB, T4C 1V6 403-264-2996
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐
Number of measurements of entire course: 2 Date(s) when course measured: May 13, 2010
Race date: June 12, 2010 Course paperwork submission date: May 17, 2010
Replaces: (if applicable) Certification code: AB-2010-046-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 2020

AS NATIONALLY CERTIFIED BY:

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

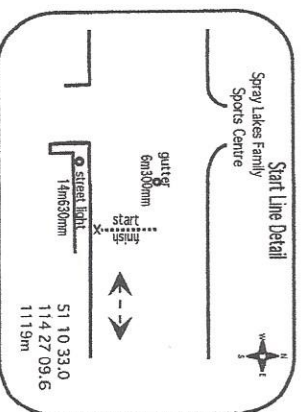
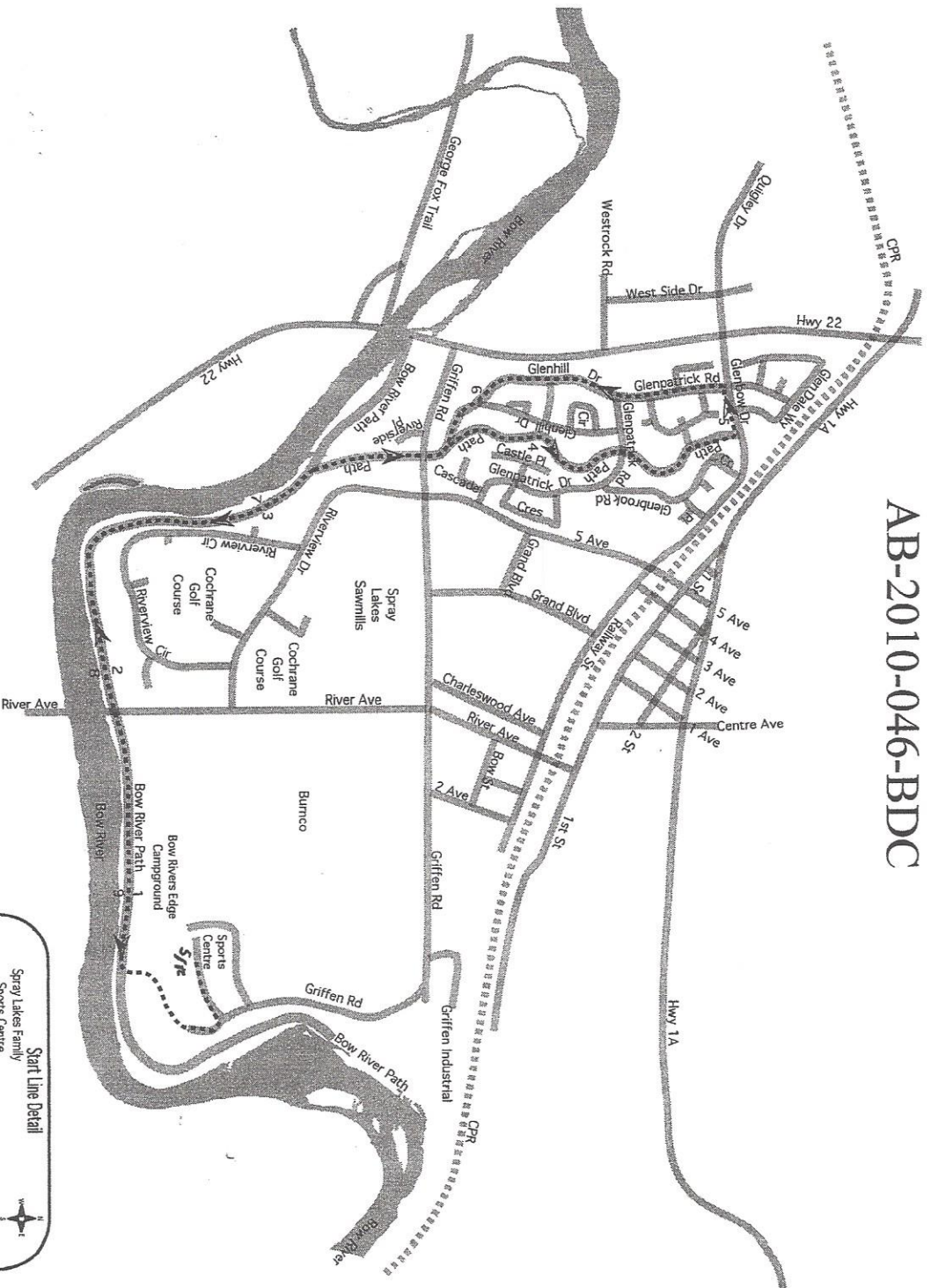
Date: May 22, 2010

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

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

Cochrane Footstock 10.0 km

AB-2010-046-BDC



Route Description:	
Start	
Sports Centre - ER	
Bow River Path - ROC	
William Camden Park Path - ROC	
Glenbow Dr Sidewalk - ROC	
Glenpatrick Rd - RCL	
Glenhill Dr - RCL	
Glenhill Pl - RCL	
William Camden Park Path - ROC	
Bow River Path - ROC	
Sports Centre - ER	
Finish	
Entire Road - ER	
Right of Centre - ROC	
Right Curb Lane - RCL	
Left of Centre - LOC	
Left Curb Lane - LCL	

GPS Coordinates	
Start	51 10 33.0 114 27 09.6 1119m
1 km	51 10 26.9 114 27 24.2 1115m
1 mi	51 10 26.1 114 27 55.3 1116m
2 km	51 10 23.4 114 28 14.5 1122m
3 km	51 10 41.0 114 28 40.4 1119m
4 km	51 11 09.6 114 28 54.0 1131m
5 km	51 11 35.2 114 28 58.0 1142m
6 km	51 11 06.9 114 29 01.9 1128m
7 km	51 10 41.0 114 28 40.5 1119m
8 km	51 10 23.3 114 28 14.5 1122m
1 mi	51 10 26.0 114 27 55.3 1116m
9 km	51 10 26.8 114 27 24.2 1115m
Finish	51 10 33.0 114 27 09.6 1119m

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

From start line on the roadway at the Spray Lakes Family Sports Centre to the finish line at the same location all corners are to be coned and marshalled.

Course Measurers: Marcel LaMontagne 403.874.1185

Course Measured: May 13, 2010