



Athletics Canada/Run Canada Measurement Certificate

Name of the course Army Run 5K Distance 5 km
Location (city) Ottawa (province) Ontario
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Loop
Type of surface: paved 100 % dirt % gravel % grass % track %
Elevation (meters above sea level) Start 70 m Finish 70 m Highest Lowest
Straight line distance between start & finish 250 m Drop 0 m/km Separation 5 %
Measured by (name, address, phone & e-mail) Jim Robinson c/o Run Ottawa, PO Box 426
And Glendon Pye 755 Long Point Circle, Gloucester, ON, K1T 4H5
Race contact (name, address & phone) John Halvorsen 37 Pentland Crescent
Kanata, ON, K2K 1V6
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐
Number of measurements of entire course: 2 Date(s) when course measured: April 2/2010
Race date: Sept. 19/2010 Course paperwork submission date: Sept. 12/2010
Replaces: (if applicable) Certification code: ON-2010-091-BDC

Notice to Race Director
Use this Certification Code in *all* public
announcements relating to your race.

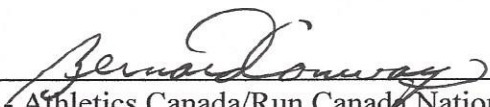
Be It Officially Noted That

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

Date: Sept. 13/2010

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