



Athletics Canada/Run Canada Measurement Certificate

Name of the course Fresenius Alive to Strive 5 km Distance 5 km
Location (city) Ottawa (province) Ontario
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Loop
Type of surface: paved 94.5 % dirt % gravel % grass 4 % track 1.5 %
Elevation (meters above sea level) Start 80 m Finish 83 m Highest 83 m Lowest 65 m
Straight line distance between start & finish 300 m Drop 0.6 m/km Separation 6 %
Measured by (name, address, phone & e-mail) Dave Yaeger 1254 Albany Drive
Ottawa, ON, K2C 2L5 613-228-8455
Race contact (name, address & phone) Nicholas Newell 364 Queen Elizabeth Drive
Ottawa, ON, K1S 3N2 613-233-0004
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐
Number of measurements of entire course: 2 Date(s) when course measured: Aug. 7/2011
Race date: Aug. 14/2011 Course paperwork submission date: Aug. 17/2011
Replaces: (if applicable) Certification code: ON-2011-079-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 2021

AS NATIONALLY CERTIFIED BY:

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

Date: Aug. 18/2011

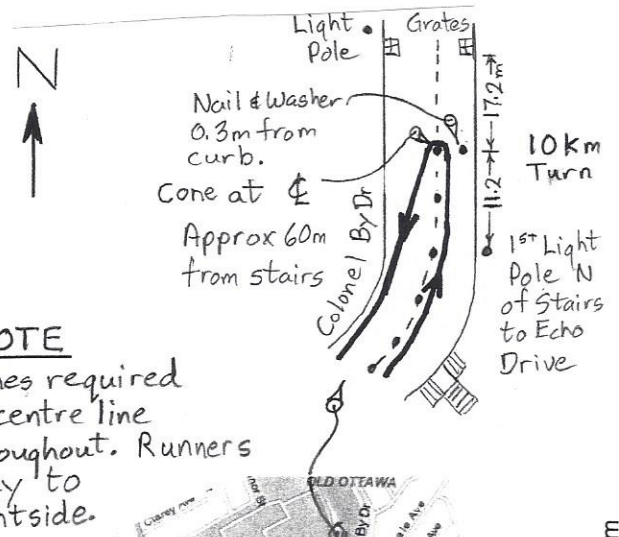
67 Southwood Crescent, London, Ontario, Canada, N6J 1S8

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

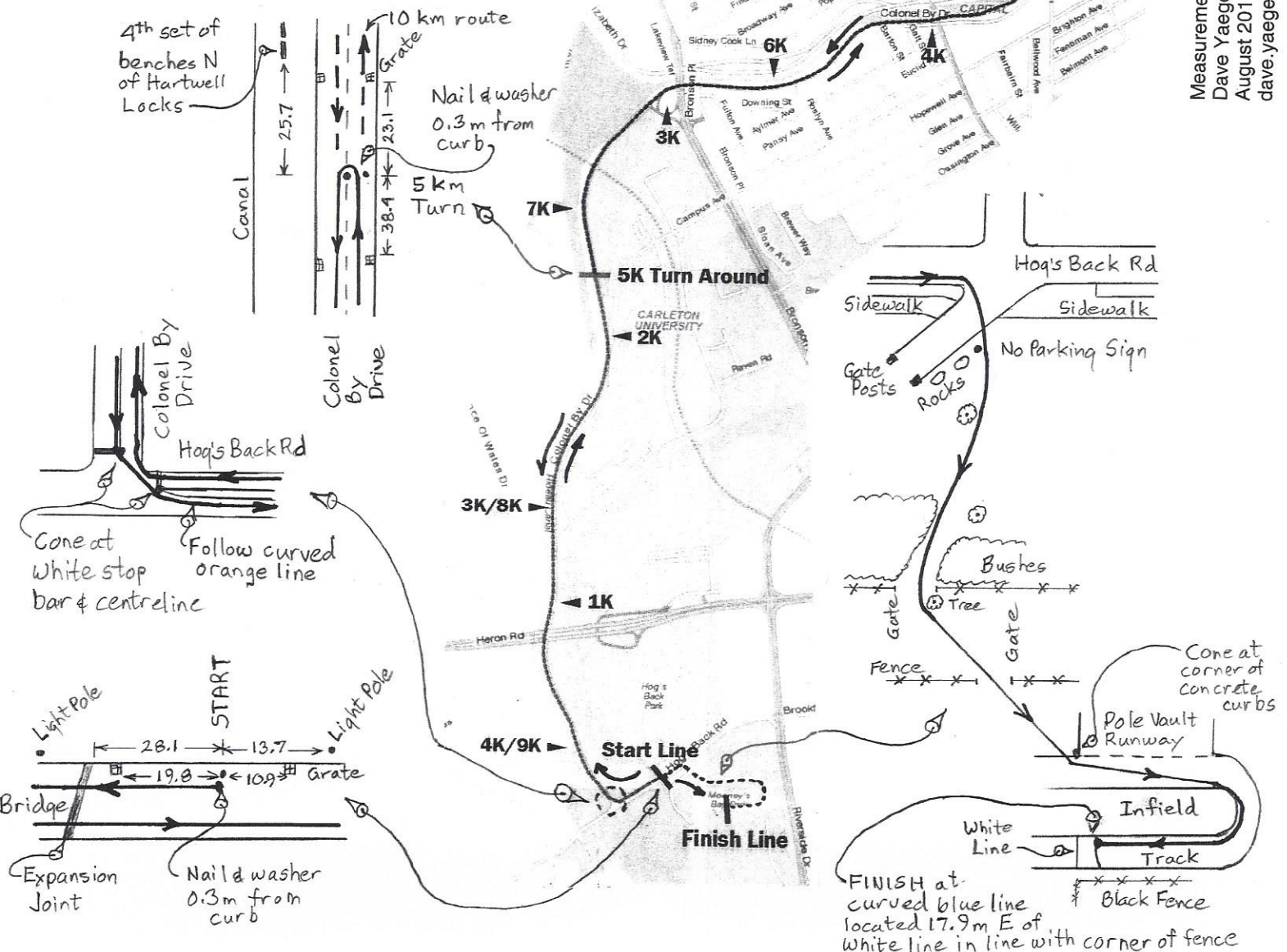
5 km

ON-2011-079-BDC

- | | |
|----------------|---|
| Start | Hog's Back Rd – N side E of bridge. See detail. |
| 1 km | Colonel By Dr – E side 19.4m N of green Hydro transformer box located N of Heron Rd bridge. |
| 2 km | Colonel By Dr – E side 8.4m S of the N end of the metal railing along the east side of Hartwell Locks. |
| Turn for 5 km | Colonel By Dr – E side N of Hartwell Locks. See detail. |
| 3 km | Colonel By Dr – E side 6.0m N of Yield Sign on ramp from Bronson Ave to Colonel By Dr northbound. |
| 4 km | Colonel By Dr – E side 24.5m N of N side of exit to Bank St. |
| Turn for 10 km | Colonel By Dr – E side N of stairs to Echo Dr. See detail. |
| 5 km | Colonel By Dr – W side 3.5m N of Light Pole located across from N end of stadium. Also 51.8m S of bench located south of island in canal that is across from Aberdeen Pavilion. |
| 6 km | Colonel By Dr – W side 12.7m N of Light Pole on W side across from S side of Seneca Street. |
| 7 km | Colonel By Dr – W side 6.5m S of 2nd Light Pole along canal that is S of pedestrian bridge on W side of canal. |
| 8/3 km | Colonel By Dr – W side 5.0m N of 7th Light Pole along canal N of entrance road to Carleton U. |
| 9/4 km | Colonel By Dr – W side 10.3m N of Light Pole N of green Hydro transformer box N of Hog's Back Locks. |
| Finish | Terry Fox Stadium track. See detail. |



NOTE
Cones required
at centre line
throughout. Runners
stay to
rightside.



Measurement and Map
Dave Yaeger
August 2011
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