



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Alive to Strive Distance 5 km  
Location (city) Ottawa (province) Ontario  
Type of course: road race ☒ calibration track Configuration: Out/Back  
Type of surface: paved 100 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %  
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) Marc-André Chainey 1538 Lassiter Terrace  
Ottawa, ON, K1J 8N4 613-749-4089  
Measuring Methods: bicycle ☒ steel tape electronic distance meter  
Number of measurements of entire course: 2 Date(s) when course measured: Sept. 22/2012  
Race date: Apr. 28/2013 Course paperwork submission date: Jan 15/2013  
Replaces: \_\_\_\_\_ (if applicable) Certification code: ON-2011-079a-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: Jan. 16/2013

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)



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