

# Athletics Canada/Run Canada Measurement Certificate

Name of the course	Alive	to Strive	HER COULT HAVE THE THE PLANT OF	Distance	5 1	cm
Location (city)	Ottawa	(province)		Ontario		061 78 1
Type of course: road race	X calibration	track (	Configuration:	Out	:/Back	A GA YEAR PRO
Type of surface: paved 10						
Elevation (meters above sea le						
Straight line distance between						
Measured by (name, address, 1						
Ottawa, ON, K2C	2L5 613-228	-8455	Capters of a	and expensive to 4	VENCTION 1	nga .
Race contact (name, address &	t phone)Marc-	André Chaine	y 1538	Lassiter '	Terrace	<u> </u>
Ottawa, ON, Kl				to alway 2 - Elliste	# 4 014 w 4 014	200 20 -1 -10
Measuring Methods: bicycl	•		ance meter			
Number of measurements of e				Sept. 22/	2012	
Race date: Apr. 28						regner' ever
	(if applicable			on code: ON-2		9a-BDC
			Use	Notice to R e this Certification	on Code in	all public

## 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:

Sernackonwag Date: Jan. 16/2013

Bernard Conway - Athletics Canada/Run Canada National Certifier

- IAAF/AIMS Grade A Measurer

- USATF/RRTC Final Signatory

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

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



## Athletics Canada/Run Canada Measurement Certificate

Name of the course	Alive to Strive			Distance 5 km		
Location (city)	)ttawa	cawa (province)		Ontario		
Type of course: road race X	calibration	track	Configuration:	Out/Back	k	
Type of surface: paved 100 %	dirt %	gravel	% grass	% track	%	
Elevation (meters above sea level) S	tart <b>80 m</b>	Finish 83	m Highest	83 m Lowest	65 m	
Straight line distance between start &	finish 300	0 m D	rop -0.6	m/km Separation _	6_%	
Measured by (name, address, phone &	e-mail)Da	ve Yaeger	1254 A	lbany Drive	1113480 10 140 T	
Ottawa, ON, K2C 2L5	613-228-8	3455	olon mgu rha la U rolengo at b	r 2 in Eugleons Will + 10 years egil - poortine (g. 2 years) se	MOSSI HER ST LIGHTS	
Race contact (name, address & phone	Marc-An	dré Chaine	y 1538	Lassiter Terra	ce	
Ottawa, ON, K1J 8N4	613-749-	-4089		DOS.	2 E 100	
Measuring Methods: bicycle X	steel tape	electronic dis	ance meter			
Number of measurements of entire co	urse: 2 Date	e(s) when course	measured:	Sept. 22/2012		
Race date: Apr. 28/2013	Course p	paperwork subm	ission date:	Jan 15/2013	торыяV выя	
Replaces:	(if applicable)		Certification	on code: <b>ON-2011-C</b>	79a-BDC	
				Notice to Race Dire	ector	

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:

Servay Date: Jan. 16/2013

Bernard Conway - Athletics Canada/Run Canada National Certifier

- IAAF/AIMS Grade A Measurer

- USATF/RRTC Final Signatory

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

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