

Athletics Canada/Run Canada Measurement Certificate

Name of the course	Fresenius Aliv	ve to Strive	10 km	Distanc	e 10	km y
Location (city)	Ottawa	(province	e)	Onta	rio	
Type of course: road race	e X calibration	track	Configuration:	b Malfe 3 -	Loop	
Type of surface: paved	94.5 % dirt	_ % gravel	% grass	4 %	track 1.	5 %
Elevation (meters above se						
Straight line distance between	een start & finish 300	0 m I	Orop 0.3	m/km	Separation	3 %
Measured by (name, address		ave Yaeger				s el fadi endou intri ande lo
Race contact (name, address Ottawa, ON, I	ss & phone) Nich K1S 3N2 613-233		364 Que	en Eliza	abeth Dri	Lve
Measuring Methods: bic	ycle X steel tape	electronic di	stance meter			
Number of measurements	of entire course: 2 I	Date(s) when cours	e measured:	Aug. 7	/2011	Accept
Race date: Aug.	14/2011 Cour	se paperwork subn	nission date:	Aug. 17	/2011	84363
Replaces:					ON-2011-0)80-BDC
			Use	e this Certif	to Race Directication Code	in <i>all</i> 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 2021

	AS NATIONALLY CERTIFIED BY:		
	Bernard onway)	_ Date: _	Aug. 18/2011
Bernard Conway	- Athletics Canada/Run Canada/National Certifier		1 15 001 3 to - 5 0 1
	- 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

FRESENIUS ALIVE TO STRIVE 10 km

ON-2011-080-BDC Start Hog's Back Rd - N side E of bridge. See detail. Light . | Grates Colonel By Dr - E side 19.4m N of green Hydro transformer box 1 km located N of Heron Rd bridge. Pole Colonel By Dr - E side 8.4m S of the N end of the metal railing 2 km Nail & Washer along the east side of Hartwell Locks. 0.3m from Turn for 5 km Colonel By Dr – E side N of Hartwell Locks. See detail. 10km curb. Colonel By Dr - E side 6.0m N of Yield Sign on ramp from Turn Cone at Bronson Ave to Colonel By Dr northbound. Approx 60m Colonel By Dr - E side 24.5m N of N side of exit to Bank St. Pole N Turn for 10 km Colonel By Dr - E side N of stairs to Echo Dr. See detail. from stairs Colonel By Dr - W side 3.5m N of Light Pole located across of Stairs 5 km to Echo from N end of stadium. Also 51.8m S of bench located south of NOTE island in canal that is across from Aberdeen Pavilion. Drive Cones required 6 km Colonel By Dr - W side 12.7m N of Light Pole on W side across at centre line from S side of Seneca Street. throughout. Runners Colonel By Dr - W side 6.5m S of 2nd Light Pole along canal 7 km that is S of pedestrian bridge on W side of canal. stay to D:OTTAWA 8/3 km Colonel By Dr - W side 5.0m N of 7th Light Pole along canal N rightside August 2011 dave.yaeger1@gmail.com of entrance road to Carleton U. Colonel By Dr - W side 10.3m N of Light Pole N of green Hydro Measurement and Map 9/4 km 10K Turn Around transformer box N of Hog's Back Locks. Finish Terry Fox Stadium track. See detail. MANOTICK Dave Yaeger 10 km route 4th set of benches N of Hartwell Nail & washer Locks -25.7 0.3 m from curb. 5 Km Turn 7K Hog's Back Rd **5K Turn Around** Sidewal Sidewalk 2K No Parking Sign Hog's Back Rd 3K/8K 0 Coneat (Follow curved Bushes White stop orange line bar & centreline Gat Cone at cornero concrete curbs Pole Vault Runway 4K/9K 13.7 Start Line €10.9 ¥ Infield White **Finish Line** Line Track -Expansion Naild washer FINISH at 0.3m from Black Fence Joint curved blue line

located 17.9m E of

white line in line with corner of fence

curb