



Athletics Canada/Run Canada Measurement Certificate

Name of the course Fresenius Alive to Strive 10 km Distance 10 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 0.3 m/km Separation 3 %
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-2011-080-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

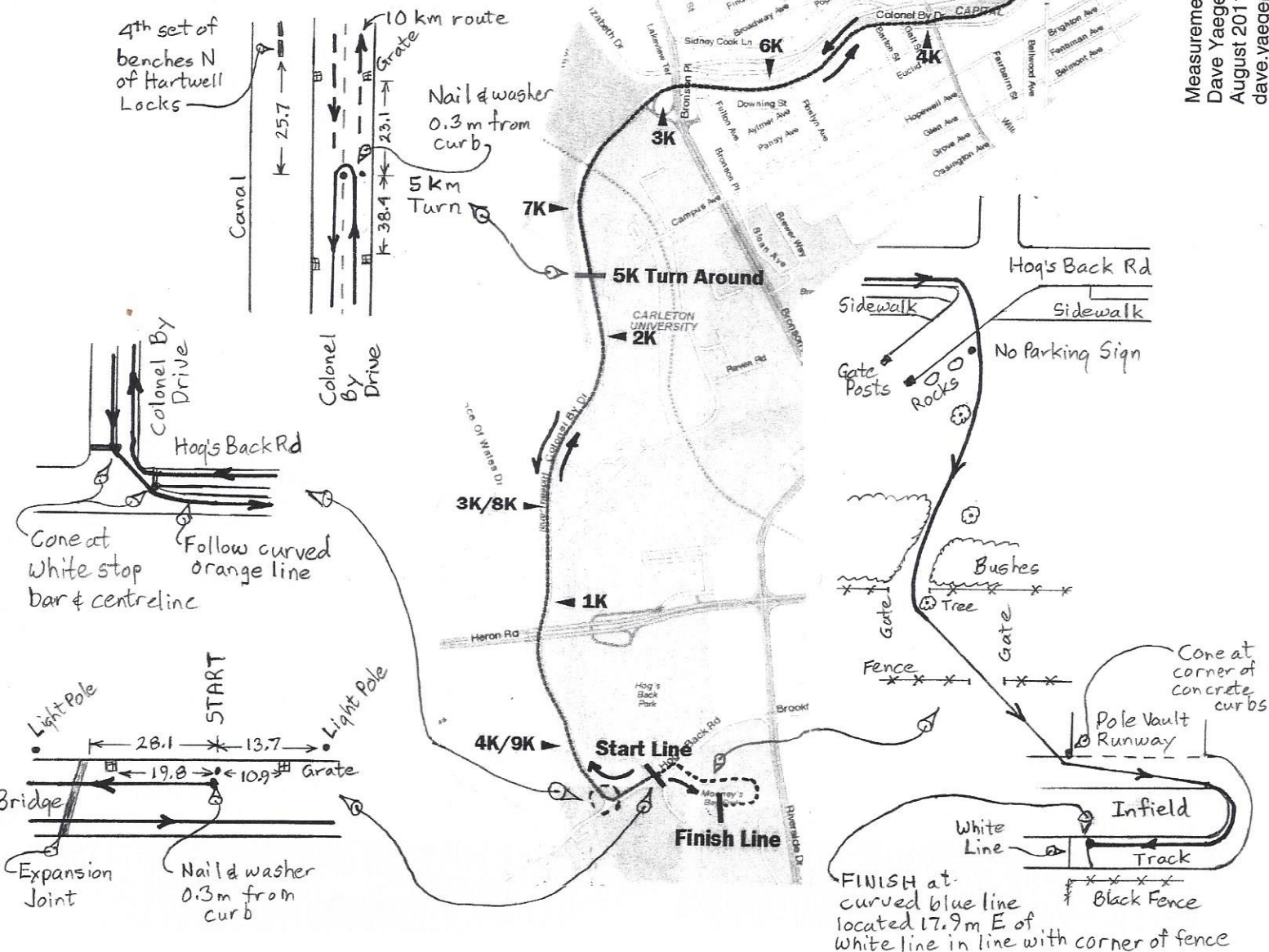
Date: Aug. 18/2011

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

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

ON-2011-080-BDC

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



Measurement and Map
Dave Yaeger
August 2011
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