



Athletics Canada/Run Canada Measurement Certificate

Name of the course Alive to Strive Distance 10 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 -0.3 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) 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-2011-080a-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:

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

ALIVE TO STRIVE

- 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 11.1m N of 2nd Light Pole on E side of canal pathway 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 21.4m S of 1st Light Pole S of stairs to Echo Dr. See detail.
- 5 km Colonel By Dr – W side 5.9m N of 1st Light Pole S of Bank Street Bridge. 20.6m N of Bridge.
- 6 km Colonel By Dr – W side 4.8m S of 1st Pole in median N of Bronson St Bridge.
- 7 km Colonel By Dr – W side 25.0m S of 3rd group of twin park benches along canal N of Hartwell Locks. 12.0m S of 5th Light Pole on E side of canal pathway N of Hartwell Locks.
- 8/3 km Colonel By Dr – W side 9.3m S of 4th Light Pole on E side of canal pathway S of entrance road to Carleton U.
- 9/4 km Hogsback Rd - S side 5.7m W of 1st Light Pole on N side from the W end of the bridge. Light Pole is in line with sewer grate on S side.
- 500m To Go Hogsback Rd – S side 17.4m W of Yield to Pedestrian Sign W of Prince of Wales Drive.
- Finish Terry Fox Stadium track. See detail.

Note

Cones required at centreline throughout. Runners stay on right side of cones.



Measurement and Map
 Dave Yaeger
 January 2013
 dave.yaeger1@gmail.com

