



Athletics Canada/Run Canada Measurement Certificate

Name of the course Canadian Morning 8 km Run Distance 8 km
Location (city) Ottawa (province) Ontario
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Out/Back
Type of surface: paved 97 % dirt % gravel % grass % track 3 %
Elevation (meters above sea level) Start 84 m Finish 84 m Highest 84 m Lowest 59 m
Straight line distance between start & finish 0 Drop 0 m/km Separation 0 %
Measured by (name, address, phone & e-mail) David Yaeger 1254 Albany Drive
Ottawa, Ontario, K2C 2L5 613-228-8455
Race contact (name, address & phone) Terry McKinty 411 Lefebvre Way
Ottawa, Ontario, K1E 2W5 613-834-0656
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐
Number of measurements of entire course: 2 Date(s) when course measured: Aug. 19/2011
Race date: Sept. 3/2011 Course paperwork submission date: Sept. 2/2011
Replaces: (if applicable) Certification code: ON-2011-088-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:

Date: Sept. 5/2011

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

CANADIAN MORNING 8 KM RUN

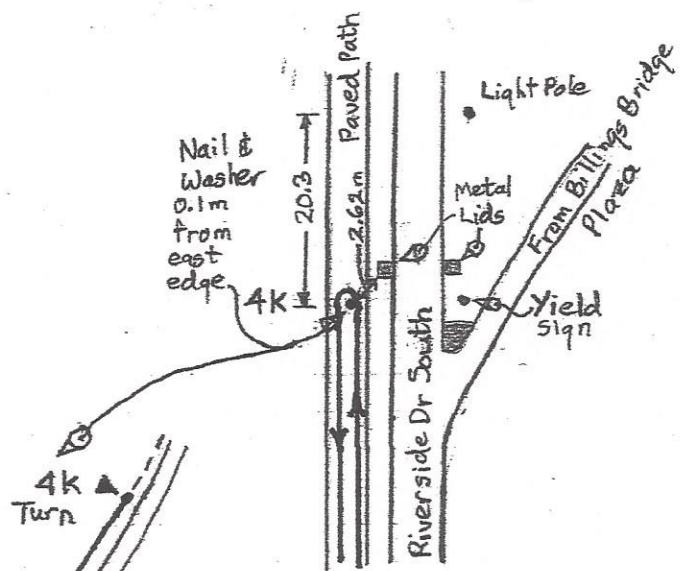
- Start Terry Fox Stadium Track – S side at then 100 m Finish Line. See detail.
- 1 km Hogs Back Park Path – S side 34.3m E of centreline of Path going straight N to Heron Road.
- 1.5 km Hogs Back Park Path – N side 15.3m E of side path to Heron Road access ramp.
- 2 km Vincent Massey Park Path – E side 47.5m S of 2 black Bollards in front of the fancy Washroom/Pavilion.
- 2.5 km Rideau River Eastern Pathway – E side 24.0m S of S end of black railing on W side S of Railway Bridge.
- 3 km Rideau River Eastern Pathway – E side before top of hill. 53m S of steep hill sign on W side S of Bronson Bridge.
- 4 km Rideau River Eastern Pathway – E side across from Yield Sign on ramp from Billings Bridge Plaza to Riverside Dr S.

The run course is an out and back course. Turn at 4 km mark and return to Start/Finish for 8km distance.

Measurement and Map
Dave Yaeger
August 2011
dave.yaeger1@gmail.com

Note:

Paved path throughout.
Runners use entire path both out & back.



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