



Athletics Canada/Run Canada Measurement Certificate

Name of the course Queen City Marathon - Alternate 1 Distance 42.195 km
Location (city) Regina (province) Saskatchewan
Type of course: road race ☒ calibration track Configuration: Loop
Type of surface: paved 100 % dirt % gravel % grass % track %
Elevation (meters above sea level) Start 574 m Finish 574 m Highest 593 m Lowest 560 m
Straight line distance between start & finish 0 m Drop 0 m/km Separation 0 %
Measured by (name, address, phone & e-mail) Darryl Mailander 29 Merlin Crescent N
Regina, SK, S4R 3E1 306-775-3992
Race contact (name, address & phone) Doug Russell Box 37039
Regina, SK, S4S 7K3 866-278-9726
Measuring Methods: bicycle ☒ steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: Aug. 17/2011
Race date: Sept. 11/2011 Course paperwork submission date: Aug. 25/2011
Replaces: (if applicable) Certification code: SK-2011-083-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:

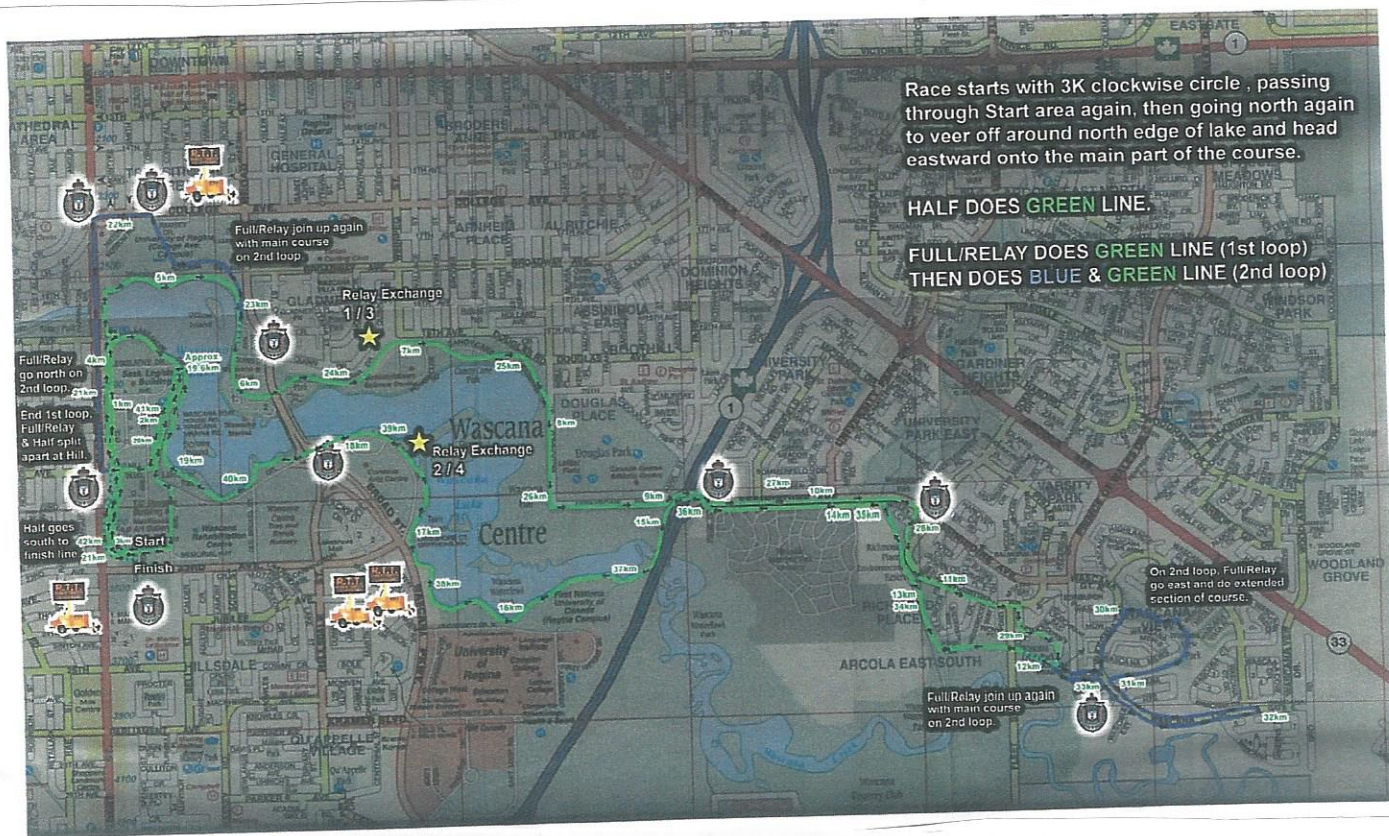
Date: Aug. 27/2011

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

Queen City Marathon – Alternate 1 – Regina



SK-2011-083-BDC

2011 FULL Course Narrative REVISED PART 1.

- **START** on Memorial Way, south of TC Douglas Building, facing **WEST** towards Albert St.
- Follow Memorial Way as it curves right (north) and all the way up and around, past the flower gardens until it curves right (south) onto Lakeshore Drive.
- South on Lakeshore Drive, then turn right onto the pedestrian pathway at Avenue G. (where the posts are).
- Turn right onto Memorial Way, south of the TC Douglas Bldg, passing through the Starting area again.
- Run up Memorial Drive for the second time.
- At flower gardens, veer left up over curb off Lakeshore Drive onto gravel path curving around Wascana Lake (over pedestrian bridge).
- Follow path around north side of lake. Path curves southward, past Willow Island Overlook.
- Veer left off path and onto Wascana Drive heading south past Wascana Place bldg and Wascana Marina.
- Cross Broad Street, heading east on Wascana Drive, past Science Centre & Kramer IMAX Theatre.
- Turn right (south) onto McDonald Street. **STAY TO RIGHT CURB.** McDonald St. curves to left (east) becoming Assiniboine Ave, going past Douglas Park Track.
- Veer off road and up path to pedestrian overpass.
- **KEEP LEFT & SINGLE FILE** on overpass.
- Come off overpass. **KEEP LEFT** and cross at Pedestrian Crossing into **LEFT-HAND** running lane on the south side of Assiniboine Avenue.
- Turn right (south) onto Baneberry Drive.
- Turn right onto Edinburgh Drive.
- Turn right onto Wetmore Crescent (your first right past Fleet Street)

2011 FULL Course Narrative REVISED PART 2.

- Turn right onto Dorsey Place
- Enter pathway between houses at south end of Dorsey Place (marked by yellow post).
- Immediately **TURN RIGHT** and follow pathway back to Assiniboine Avenue.
- Turn left (west) off path onto Assiniboine Avenue. Stay in **LEFT-HAND** running lane, closest to curb.
- Turn right and cross at Pedestrian Crossing. **KEEP LEFT** on sidewalk leading to pedestrian overpass.
- **KEEP LEFT & SINGLE FILE** on overpass.
- Take left-hand path down off overpass, heading towards University.
- Follow path closest to Wascana Lake.
- Just past the Conexus Arts Centre, go straight ahead to Broad St. on the path and cross Broad St. at Lakeshore Drive. **DO NOT USE BRIDGE UNDERPASS.**
- Immediately veer right down the gravel path (through two posts) towards lakeside path, going past Pine Island
- Come up little hill and veer right off gravel path onto paved pathway
- Follow paved path along Wascana Lake all the way to Legislative Drive.
- At the Legislative Drive intersection, at a marked and supervised point, you will **MAKE A 180-DEGREE LEFT TURN**, going off the path and onto Lakeshore Drive (left-hand curb lane) heading south.
- You are now heading in the exact opposite direction, going south on Lakeshore Drive in the left-hand curb lane.
- Turn right (west) into the north-most curb lane of Hill Boulevard.
- Continue to Albert St and then turn right, heading north. **STAY TO RIGHT CURB.**
- Turn right on College Ave. heading east for 3 blocks. **STAY TO RIGHT CURB.**

2011 FULL Course Narrative REVISED PART 3.

- Turn right onto Wascana Drive, heading south past Wascana Place bldg and Wascana Marina.
- Cross Broad Street, heading east on Wascana Drive, past Science Centre / Kramer IMAX Theatre
- Turn right (south) onto McDonald Street. **STAY TO RIGHT CURB.** McDonald St. curves to left (east), becoming Assiniboine Ave, going past Douglas Park Track.
- Veer off road and up path to pedestrian overpass.
- **KEEP LEFT & SINGLE FILE** on overpass
- Come off overpass. **KEEP LEFT** and cross at Pedestrian Crossing into **LEFT-HAND** running lane on the south side of Assiniboine Avenue.
- Turn right (south) onto Baneberry Drive.
- Turn right onto Edinburgh Drive.
- Turn right onto Wetmore Crescent (your first right past Fleet Street)
- Turn right onto Dorsey Place
- Enter pathway between houses at south end of Dorsey Place (marked by yellow post)
- Exit the pathway and **IMMEDIATELY TURN LEFT** (Yes, you go **LEFT** this time) continuing east to Wascana Gate South.
- Cross Prince of Wales Drive and turn left onto Wascana Circle heading north about 3 blocks. **STAY TO RIGHT CURB.**
- Turn right at play park onto path heading east.
- Turn right at second wooden bridge and continue on path.
- Follow path back to Wascana Circle and turn left into left-hand curb lane.
- Proceed about 5 blocks to the marked **180-DEGREE TURNAROUND POINT**, where you run around the cone.
- Turn around and head back in the west curb lane (your left hand curb lane) of Wascana Circle.
- At Wascana Gate South turn left into the south curb lane.

2011 FULL Course Narrative REVISED PART 4.

- Cross Prince of Wales Drive and continue on the path.
- Keep left and follow pathway back to Assiniboine Avenue.
- Turn left (west) off path onto Assiniboine Avenue. Stay in **LEFT-HAND** running lane, closest to curb.
- Turn right and cross at Pedestrian Crossing. **KEEP LEFT** on sidewalk leading to pedestrian overpass.
- **KEEP LEFT & SINGLE FILE** on overpass.
- Take left-hand path down off overpass, heading towards University.
- Follow path closest to Wascana Lake.
- Just past the Conexus Arts Centre, go straight ahead to Broad St. on the path and cross Broad St. at Lakeshore Drive. **DO NOT USE BRIDGE UNDERPASS.**
- Immediately veer right down the gravel path (through two posts) towards lakeside path, going past Pine Island
- Come up little hill and veer right off gravel path onto paved pathway
- Follow paved path along Wascana Lake all the way to Legislative Drive.
- At the Legislative Drive intersection, at a marked and supervised point, you will **MAKE A 180-DEGREE LEFT TURN**, going off the path and onto Lakeshore Drive (left-hand curb lane) heading south.
- You are now heading in the exact opposite direction, going south on Lakeshore Drive in the left-hand curb lane.
- Turn right (west) into the north-most curb lane of Hill Boulevard.
- Turn left (south) onto Memorial Way.
- Run up "Heartbreak Hump" and follow Memorial Way as it curves to the left, towards the finish line.
- Cross both sets of timing mats at the **FINISH LINE!**

Start/Finish – at TC Douglas building (3475 Albert St.), south east side of building on Memorial Way, 38.86 m east of south-east corner of concrete staircase.

Turnaround – at 32 km mark on Wascana Circle, 50 m east of intersection of Wascana Gate, 2.11 m south of second street light on north side of street.