



Athletics Canada/Run Canada Measurement Certificate

Name of the course Race For Your Heart 10 km Distance 10 km
Location (city) Lockport (province) Manitoba
Type of course: road race ☒ calibration track Configuration: Loop
Type of surface: paved 100 % dirt _____ % gravel _____ % grass _____ % track _____ %
Elevation (meters above sea level) Start 230 m Finish 230 m Highest 230 m Lowest 225 m
Straight line distance between start & finish 15 m Drop 0 m/km Separation 0.15 %
Measured by (name, address, phone & e-mail) Murray Rose 309-290 Beliveau Road
Winnipeg, MB, R2M 1T4 204-253-1934
Race contact (name, address & phone) Michael Lamoureux 125 Disraeli St.
Winnipeg, MB, R2W 3J4 204-219-4029
Measuring Methods: bicycle ☒ steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: July 21/2012
Race date: Sept. 29/2012 Course paperwork submission date: Aug. 14/2012
Replaces: _____ (if applicable) Certification code: MB-2012-110-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 Date: Aug. 14/2012
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

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RACE FOR YOUR HEART 10 km.



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