



Athletics Canada/Run Canada
Measurement Certificate

Name of the course Queen City Marathon 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, Saskatchewan, S4R 3E1 306-775-3992
Race contact (name, address & phone) Doug Russell Box 37039
Regina, Saskatchewan, S4S 7K3 866-278-6726
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐
Number of measurements of entire course: 2 Date(s) when course measured: June 2/2013
Race date: Sept. 8/2013 Course paperwork submission date: July 23/2013
Expires: Dec. 31/2022 (if applicable) Certification code: SK-2013-090-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 2022

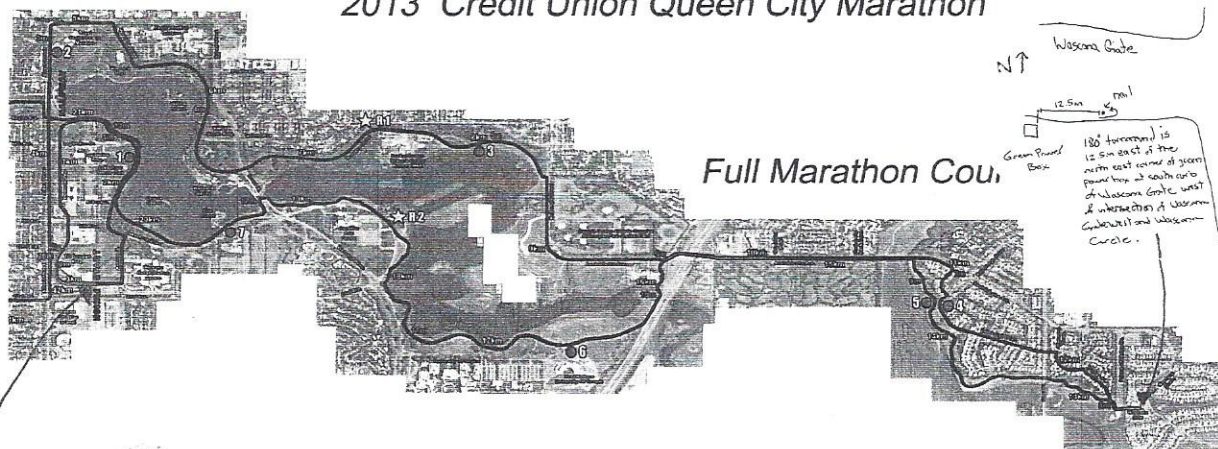
AS NATIONALLY CERTIFIED BY:

Bernard Conway Date: July 31/2013
Bernard Conway - Athletics Canada/Run Canada National Certifier
- IAAF/AIMS Grade A Measurer
- USATF/RRTC Final Signatory

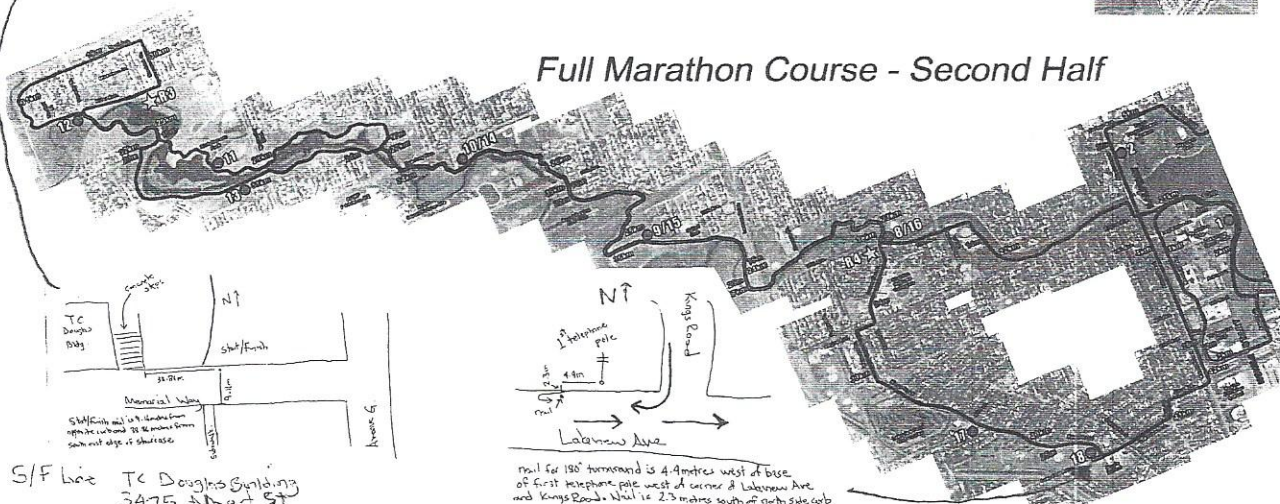
67 Southwood Crescent, London, Ontario, Canada, N6J 1S8
Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: measurer@rogers.com

2013 Credit Union Queen City Marathon

SK-2013-090-BDC
Certification Expires Dec. 31/2022



Full Marathon Course - Second Half



FULL Course Narrative PART 1.

- **START** on Memorial Way, south of TC Douglas Building, facing **WEST** towards Albert Street.
- 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.
- Turn at **FIRST LEFT** (Avenue K) towards Albert Street, then turn **RIGHT** onto Albert.
- Turn right, heading north up east-side curb lane of Albert Street, all the way to College Avenue.
- Turn right onto College Avenue, heading east. Stay in curb lane.
- Turn right onto Wascana Drive, heading south all the way to Broad Street.
- 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 bridge.
- **KEEP LEFT & SINGLE FILE ON OVERPASS BRIDGE**. Yes, we said "LEFT."
- 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 Welmore Crescent (your first right past Fleet Street)

FULL Course Narrative PART 2.

- Turn right onto Dorsey Place
- Enter pathway between houses at south end of Dorsey Place (marked by yellow post).
- Once you emerge from between the houses, immediately **TURN LEFT** and follow pathway east, crossing Prince of Wales Drive and onto south lane of Wascana Gate.
- At the 2nd concrete fence post east of the big green metal SaskPower box, make a **180-DEGREE TURNAROUND** around a marked point.
- Head back on same path and now stay on that path heading all the way back west toward 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 BRIDGE**.
- Take left-hand path down off overpass, heading towards University.
- Follow path closest to Wascana Lake.
- Just past the Conexus Arts Centre, veer right down path towards Broad Street pedestrian underpass.
- Turn left immediately after underpass and follow gravel path close to lake, 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 Albert Street intersection at Regina Avenue (pedestrian crossing lights).
- Cross Albert Street and, behind the bridge, immediately turn right, getting back on paved pathway.
- Follow the pathway that runs beside the creek and cross Elphinstone Street, getting onto sidewalk/path.

FULL Course Narrative PART 3.

- At Coronation Street and 17th Avenue, turn right and cross over wooden pedestrian bridge. **KEEP RIGHT & SINGLE FILE** over bridge.
- Follow pathway all the way along the creek, heading northwest to Ritter Avenue. **KEEP RIGHT & SINGLE FILE ON ALL UNDERPASSES & BRIDGES**.
- North of the Dewdney Avenue pedestrian underpass (near RCMP Depot) and until you get to Rick Hansen Playground, stay on the pathway that has the creek closest to your left-hand side.
- At Ritter Avenue, come off the paved path. Turn right (east) onto Ritter Avenue.
- Turn left (north) on Sneddon Street and cross Mikkelsen Drive.
- Turn left (west) onto Read Avenue. Run on left (south) side of the road.
- At intersection with Toothill Street, **KEEP GOING STRAIGHT WEST ONTO PAVED PATH BEHIND HOUSES**. Congratulations! You've reached the farthest northwest part of the course and it's all downhill from here.
- Follow paved path south. The path will cross Ritter Avenue and then veer left, running parallel to Ritter Avenue. This will take you back onto the paved pathway, heading south.
- **DON'T** cross the bridge again that leads over to Rick Hansen Playground.
- Instead, stay on the paved path on the opposite side of the creek as before, with takes you past Dieppe School on your right-hand side.
- Stay on this pathway until, not far from the Dewdney Avenue pedestrian pathway, you cross a wooden bridge, taking you over the creek and back to the Dewdney Avenue pedestrian pathway. **KEEP RIGHT & SINGLE FILE ON THE BRIDGE AND UNDERPASS**.
- Now stay on the same pathway going south, all the way back to the wooden pedestrian bridge at Coronation Street and 17th Avenue.
- Coming off the pedestrian bridge, head straight ahead south down Coronation Street.

FULL Course Narrative PART 4.

- At Regina Avenue, cross to the south (opposite) curb and turn right (heading west).
- Go one block west and turn left (south) onto Wascana Street.
- Head south on Wascana Street, which bends to the left a bit and becomes Kings Road.
- Follow Kings Road south to Lakeview Avenue.
- Turn right (west) on Lakeview Avenue into the right-hand (north) curb lane.
- At the second power pole west of the intersection (about 17.5 meters down Lakeview Avenue), there will be a marked **180-DEGREE TURNAROUND POINT**, where you run around a marked point.
- Turn around and head back the other direction on Lakeview Avenue, heading towards Argyle Road.
- Cross Argyle Road and stay on Lakeview Avenue in the left-hand curb lane heading east towards Rae Street.
- Turn left (north) onto Rae Street, staying in the left-hand curb lane.
- Turn right (east) onto 23rd Avenue. Run along left-hand curb lane, heading towards Albert Street.
- Cross Albert Street at 23rd Avenue and turn left into the east (far) curb lane of Albert Street.
- Run north up Albert Street, then turn right (east) onto Avenue F, re-entering Wascana Park just to the north of the TC Douglas Building.
- Turn right (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!**