



Athletics Canada/Run Canada
Measurement Certificate

Name of the course MEC 15 km Distance 15 km
Location (city) Bird's Hill Prov. Park (province) Manitoba
Type of course: road race calibration track Configuration: Loop (3 laps)
Type of surface: paved 100 % dirt % gravel % grass % track %
Elevation (meters above sea level) Start 235 m Finish 235 m Highest 237 m Lowest 235 m
Straight line distance between start & finish 500 m Drop 0 m/km Separation 3 %
Measured by (name, address, phone & e-mail) Murray Rose 308-290 Beliveau Rd.
Winnipeg, MB, R2M 1T4 204-253-1934
Race contact (name, address & phone) Alisa Birnie 303 Portage Ave.
Winnipeg, MB, R3B 2B4 204-943-4202
Measuring Methods: bicycle steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: April 29/2014
Race date: June 1/2014 Course paperwork submission date: May 9/2014
Expires: Dec. 31/2023 (if applicable) Certification code: MB-2014-026-BDC

Notice to Race Director
Use this Certification Code in *all* public
announcements relating to your race.

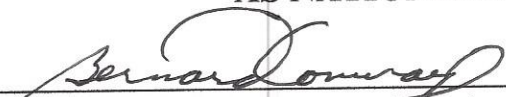
Be It Officially Noted That

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 2023

AS NATIONALLY CERTIFIED BY:

 Date: May 13/2014
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

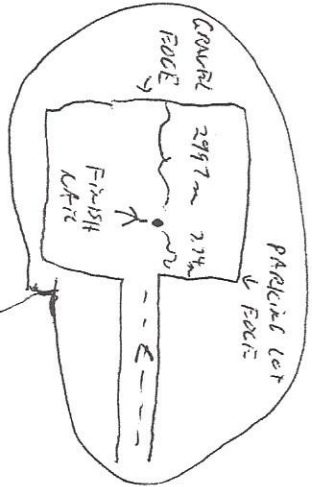
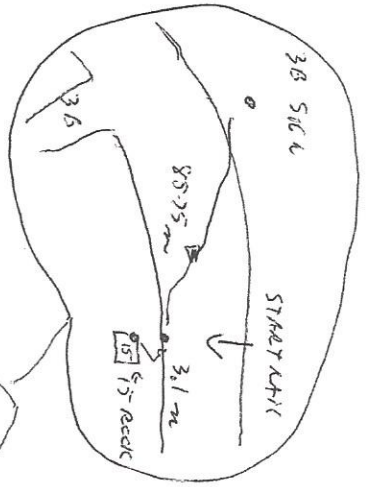
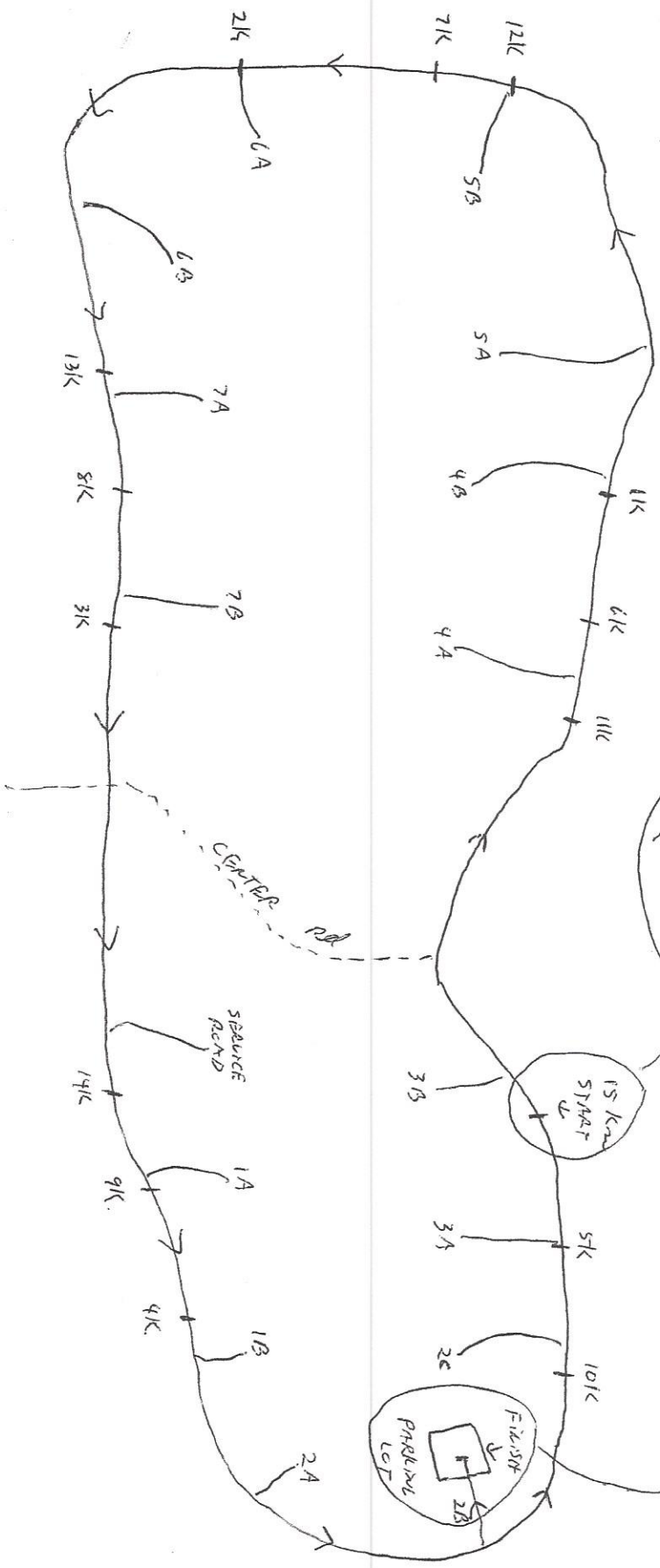
MEC 15 km (3 LAPS)



- 1 LAP = 5.175 km
 km SPLITS
- 1K - 2m E STOP SIGN 4B
 - 2K - SOUTH EDGE 6A
 - 3K - 18m E. BIRD TRAIL SIGN
 - 4K - 16m SW 1B SIGN
 - 5K - 9.3m E 3A SIGN
 - 6K - 110m W 4A SIGN
 - 7K - 165m S 5B SIGN
 - 8K - 187m E 7A SIGN
 - 9K - 65m E 4A SIGN
 - 10K - 67m E. 2C SIGN
 - 11K - 15m E. 6F SIGN REAR
 - 12K - SOUTH EDGE OF ROAD SIGN
 - 13K - 19m W 7A SIGN
 - 14K - 105m W 6F-1A STOP SIGN

TURN LEFT ON THIRD LAP
 AT 2B TO FINISH.

Athletics Canada Certified
MB-2014-026-BDC
 Certification Expires Dec. 31/2023



NORTH
 DRIVE