



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Commit To Get Fit 10 km Distance 10 km  
Location (city) Winnipeg (province) Manitoba  
Type of course: road race  calibration track Configuration: Loop (2 laps)  
Type of surface: paved 100 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %  
Elevation (meters above sea level) Start 233 m Finish 236 m Highest 236 m Lowest 233 m  
Straight line distance between start & finish 70 m Drop -0.3 m/km Separation 0.7 %  
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) Karin Whalen 1075 Crila Ave.  
Winnipeg, MB, R2P 2W7 204-632-3900  
Measuring Methods: bicycle  steel tape electronic distance meter  
Number of measurements of entire course: 2 Date(s) when course measured: May 4/2014  
Race date: June 1/2014 Course paperwork submission date: May 9/2014  
Expires: Dec. 31/2023 (if applicable) Certification code: MB-2014-028-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.

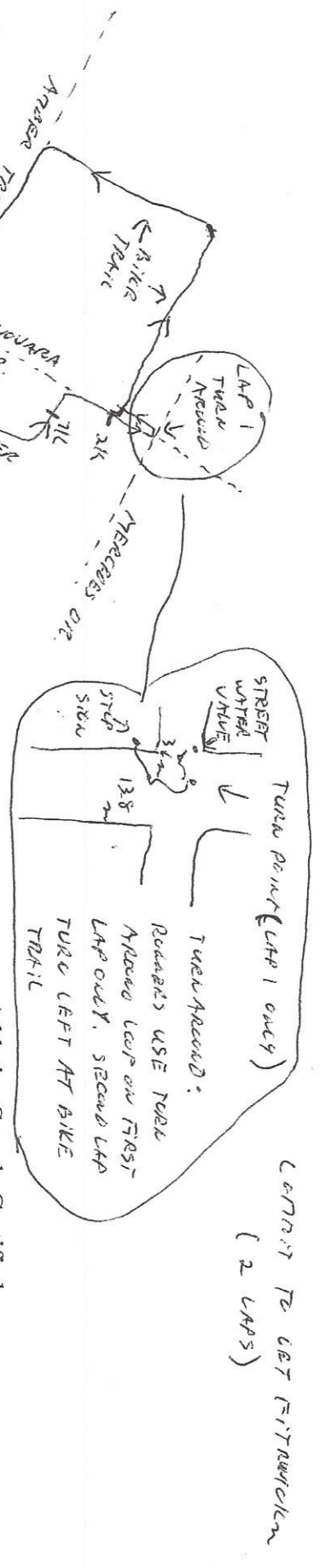
**Validation of Course** — In the event a National Open Record is set on this course, or at the discretion of Athletics Canada/Run Canada, a validation remeasurement may be required to be performed by a qualified measurer. If such a remeasurement shows the course to be short, then all pending records will be rejected and the course certification will be cancelled.

*This certification expires on December 31 in the year 2023*

**AS NATIONALLY CERTIFIED BY:**

Bernard Conway 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](mailto:measurer@rogers.com)



CORRIG TO GET FITTRACKER  
(2 LAPS)

Athletics Canada Certified  
**MB-2014-028-BDC**  
Certification Expires Dec. 31/2023

A TO B: NORTH CURB LINE  
CORROD OFF FOR BIRDIRECTIONAL  
ROUTING.

A: OUTBOUND; ROAD TO PIPELINE  
DOWNSIDE; SIDEWALK TO ROAD

1km SPLITS:

- 11C 2m SE SIDEWALK AT YIELD
- 21L AT BIKE PATH (NORTHBOUND)
- 31K 7m S ELECTRIC SIGN
- 41C AT LIFE STOP SIGN
- 51C CENTER OF PARALLEL STALL 14
- 61C SOUTH EDGE DRIVEWAY
- 71C 3m E DRIVEWAY AT S9 BARBERA
- 81C SOUTH EDGE BACK LAWE
- 91C 3m W LIGHT POLE 2-662-110

