



Athletics Canada/Run Canada
Measurement Certificate

Name of the course Islendingadagurinn 10 Mile Road Race Distance 10 mile
Location (city) Winnipeg Beach to Gimli (province) Manitoba
Type of course: road race calibration track Configuration: Point to Point
Type of surface: paved 100 % dirt % gravel % grass % track %
Elevation (meters above sea level) Start 220 m Finish 220 m Highest 222 m Lowest 219 m
Straight line distance between start & finish 9.3 mile Drop 0 m/km Separation 9.3 %
Measured by (name, address, phone & e-mail) Murray Rose 308-290 Beliveau Road
Winnipeg, MB, R2M 1T4 204-253-1934 mvrose@shaw.ca
Race contact (name, address & phone) Jill Seymour c/o Flying 'M' Running Club
423 Ash St., Winnipeg, MB, R3N 0R1 204-489-7361
Measuring Methods: bicycle steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: June 11/2014
Race date: Aug. 3/2014 Course paperwork submission date: June 20/2014
Expires: Dec. 31/2023 (if applicable) Certification code: MB-2014-070-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.

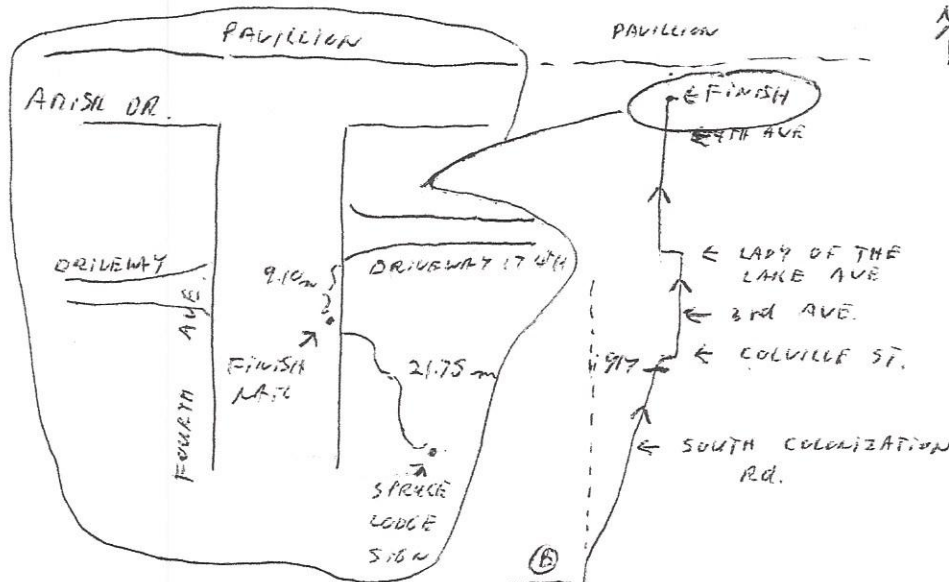
This certification expires on December 31 in the year 2023

AS NATIONALLY CERTIFIED BY:

Bernard Conway Date: June 24/2014
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

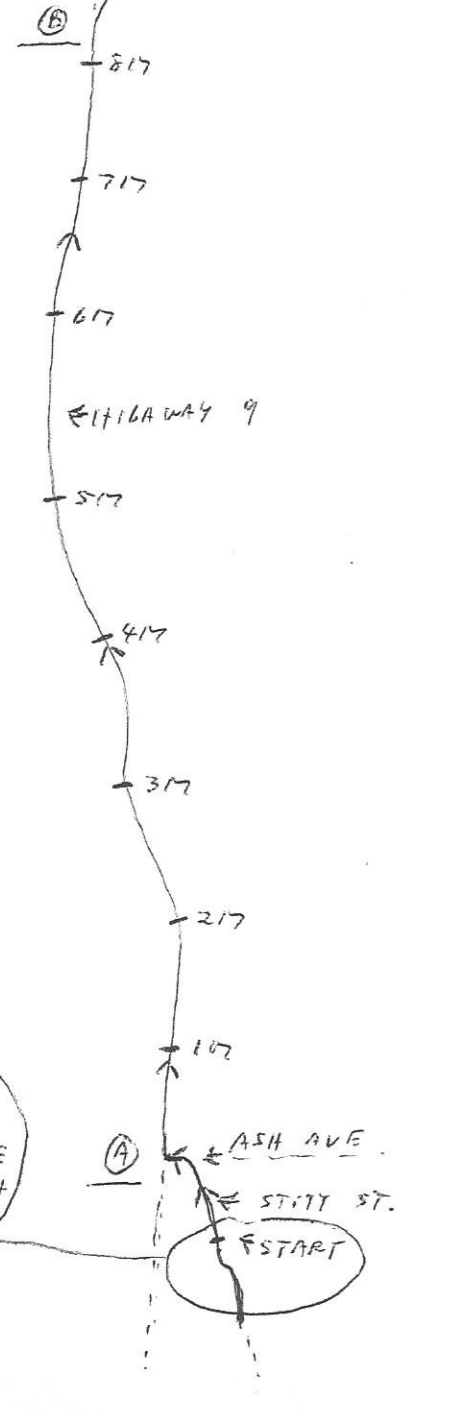
ISLENDING ADAGURENN
10 MILE ROAD RACE



Athletics Canada Certified
MB-2014-070-BDC
Certification Expires Dec. 31/2023

MILE SPLITS

- 17: 7 m S PINE AVE STOP SIGN
- 27: 20 m S 10307 GREEN SIGN
- 37: AT 104051 ADDRESS SIGN
- 47: 29 m S KENDARON CRES
- 57: 38 m N HUSAVIK RD. SIGN (GREEN)
- 67: 7 m S VIDIKES SIGN (BLUE)
- 77: 75 m N SILLAVIK RD.
- 87: 20 m N YELLOW BLACK CULVERT SIGN
- 97: 19 m S. OF SOUTH COLONIZATION ROAD SIGN



SECTION A TO B ON HIGHWAY 9.
ROLLER USE NORTH BOUND
MARKED SHOULDER.

