Athletics Canada/Run Canada Measurement Certificate

			Ethilo Pink at Sta	
	ed. N of Cospecy Rd E.	t 10 Milor	Distance	10 miles
	Manotic		CHUTS IN THE DIT AND	W. read ter mult
Location (city)	Manotick	(province)	Ontai	210
Type of course: ro	ad race X calibration	track Configu	ıration:	Loop
Type of surface: pa	ved 100 % dirt	% gravel%	grass%	track%
Elevation (meters ab	ove sea level) Start 90 m	Finish 95 m	Highest 97 m	_Lowest <u>85 m</u>
Straight line distance	between start & finish 1	90 m Drop -	0.3 m/km Se	eparation 1.2 %
Measured by (name,	address, phone & e-mail)	ave Yaeger 12	254 Albany Dr	ive
Ottawa, ON	, K2C 2L5 and Bre	endan Lhuiginn		1849 1 2 435 3
Race contact (name,	address & phone)Lau	ra Glasper	5512 Woodeden	Drive
	Manotick, ON, K4M 1B			
Measuring Methods:	bicycle X steel tape	electronic distance m	eter	
Number of measurer	ments of entire course: 2 D	ate(s) when course measu	red: April 6	/2014
D. I	oril 27/2014 Cours	e nanerwork submission d	ate: April 10	/2014
			artification code: 0	N-2014-005-BDC
Expires: Dec	:. 31/2023 (if applicable)		
			Notice 1	to Race Director cation Code in <i>all</i> public
			announcement	ts relating to your race.
	Re It Off	icially 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:			
Samuel onevag	_ Date: _	April 16/2014	
Athletics Canada/Run Canada National Certifier			

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

Manotick 10 Miler

Doctor Leach Dr - W side just S of Village Walk. See detail. Main St - W side 15.4m N of 3rd Hydro Pole N of Century Rd. Start 1 mi Century Rd - N side 8.1m E of #1318. 2 mi 1st Line Rd – E side 16.4m S of #5801. 1st Line Rd - E side 22.6m N of 1st Pole S of Unmaintained Road. N of Carsonby Rd E. 3 mi 4 mi 1st Line Rd - E side 17.7m S of #6239/6233. 1st Line Rd - W side 49.5m N of #6250. Nail 0.3m from W edge of pavement. 5 mi Turn 1st Line Rd - W side 20.2m N of #6046. 1st Line Rd - W side 1.4m S of Pole 27-1.1st Pole on E side N of driveway to Gables Farms. 6 mi McManus Ave - E side 3.1 m S of Green Hydro Transformer on W side. N of Gray Willow Pl. 7 mi Pettipiece Cres - S side11.4m W of the W edge of driveway to House 5534. 8 mi

