



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course Lindenwoods Fall Classic 10 km
Certificate number MB-2015-014-BDC Distance 10 km Race date Oct. 4/2015
City Winnipeg Province MB
Race contact name Mark d'Almeida Race contact email msdalmeida@gmail.com

Course Information

Start elevation 232 m Finish elevation 232 m
Elevation change 0 m/km Percent separation 1.4

Measurer Information

Measurer name Murray Rose
Measurement date May 16/2015 Expiry date Dec. 31/2024

Official Notice

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**, 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.

As Nationally Certified by

Bernard Conway June 16, 2015
Signature of certifier Date

Any inquiries regarding this certificate should be directed to coursemeasurement@athletics.ca



Lindenwoods Fall Classic 10 Km

Athletics Canada Certified

MB-2015-014-BDC

Certification Expires Dec. 31/2024

10 Km = 2 Laps

A to B: Runners use lane bounded by left curb and cones located 2 meters from left curb.

Course:

Start NW on Lindenwoods to Lindenshore (B)

Left at Lindenshore and left at first intersection (Still Lindenshore)

Move to path and head east to first trail intersection

and turn right(South)

Turn left at sidewalk (East)

Turn left at path (North)

Follow path to school parking lot and proceed

straight through to Princemere

Princemere to Lindenwoods and turn left.

Repeat lap to school parking lot.

Veer to right at west end of parking lot to finish line

Km Splits:

1 Km: At 317 Lindenwoods address sign

2 Km: 13 m S of tall green electrical box at park

3 Km: 120 m S of trail intersection

4 Km: 21 m E of trail spur at 171 Shoreline

5 Km: 4 m W of east edge of concrete island

6 Km: At 307 Lindenwoods address sign

7 Km: 22 m N tall green electrical box at park

8 Km: 155 m south of trail intersection

9 Km: 14 m S of trail spur at 171 Shoreline

