



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course RATTLE-ME-BONES - 10 KM
Certificate number ON-2015-038-BDC Distance 10 km Race date Oct. 25/2015
City Ottawa Province ON
Race contact name Andrew Press Race contact email apress@toh.on.ca

Course Information

Start elevation 81 m Finish elevation 81 m
Elevation change 0 m/km Percent separation 5

Measurer Information

Measurer name Dave Yaeger
Measurement date Oct. 12/2015 Expiry date Dec. 31/2024

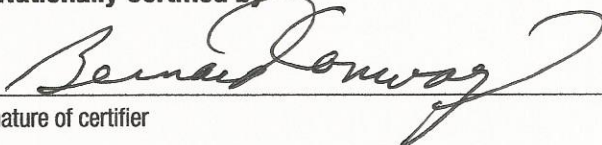
Official Notice

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


Signature of certifier

Oct. 21, 2015

Date

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



RATTLE-ME-BONES – 10 KM

- Start Ring Rd – N side 14.3m E of Light Pole #29 across from middle of the Rehab Centre Entrance. See detail.
- 1 km Smyth Rd – N side 8.2m E of Traffic Light Pole at E side of Hospital Entrance Road.
- 2 km Smyth Rd – N side 18.0m W of Traffic Light Pole at W side of Haig Dr.
- 3 km Russell Rd – W side across from the south curb of Everest Pvt entrance.
- 4 km Devon St – W side 8.9m N of Light Pole at NE corner of Devon and Browning.
- 5 km Industrial Rd – S side 16.0m W of 2nd Concrete Light Pole W of Russell Rd. In middle of entrance to Flooring Canada.
- 6 km Industrial Rd – S side in front of Metro Warehouse. 44.5m E of Hydrant on N side in front of #465 Industrial Rd.
- 7 km Alta Vista Rd – E side 13.4m S of Traffic Light Pole at S side of Dorian Ave.
- 8 km Alta Vista Dr – E side 26.8m N of N end of Concrete Median in Alta Vista Rd.
- 9 km Ring Rd – W side 14.1m N of Stop Sign at N side of Rotel Entrance road. 3.5m S of Light Pole #39.
- 10 km Ring Rd – E side in line with the N edge of the Bus Shelter on the W side just N of the Critical Care Entrance. 14.0m N of Light Pole #19 on N side of road to parking lots on the E side of Ring Road. Nail 0.3m from E curb.

Measurement and Map
 Dave Yaeger
 October 2015
 dave.yaeger1@gmail.com

Athletics Canada Certified

ON-2015-038-BDC

Certification Expires Dec. 31/2024

