



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course Valley Harvest 10 km
Certificate number NS-2016-022-BDC Distance 10 km Race date Oct. 9/2016
City Wolfville Province NS
Race contact name Susan Carbyn Race contact email valleyharvestmarathon@gmail.com

Course Information

Start elevation 12 m Finish elevation 12 m
Elevation change 0 m/km Percent separation 0

Measurer Information

Measurer name Susan Carbyn
Measurement date April 16/2016 Expiry date Dec. 31/2025

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
Signature of certifier

May 7/2016
Date

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

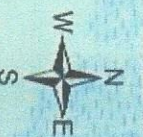


Valley Harvest 10km Route

Athletics Canada Certified

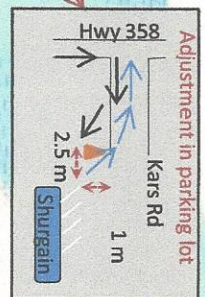
NS-2016-022-BDC

Certification Expires Dec. 31/2025



Route Heading out
Route Heading back

An adjustment was made by measuring tape of 2.5m from the end of the first white parking line (West) on Kars Rd (shown above)



Valley Harvest 10km
The route: The start line is on Raymond field at Acadia University at the 45 line West gate and take a right in behind the field down the road that goes in behind the steam plant and past for Farmer's Market. They then take a right on Elm Street and go up to Main Street where again, they turn right. Runners head West on Main Street. They turn right on Highway 358 and run north towards Port Williams. Once in Port Williams, the runners will turn right on Kars Street and will turn around in the parking lot at Shurgain - 1 meter from the edge of the road.

How much of the road width is available to runners throughout the road race course?
Runners will have the entire road available to them as they head out from the start to Kars Rd in Port Williams and back. Road is shut down to all traffic.

2.5m West of the end of the first white line in the parking lot (1m south of the edge of the road) will be where the runners will make their turn around a pylon and head back along the measured path. Runners will have full use of the road and so the shortest possible distance was measured as per the road race measurement guidelines. Runners head back along Kars Road, a left on Hwy 358 and then a left on Hwy 1 (Main Street). Runners continue East along Main Street and will turn left at the Stone Pillars which lead from Main Street onto Raymond field at the south east corner east corner of Raymond field. They are then directed to the east side of the running track and they run around the track in a counter clockwise direction until they reach the finish line which is at the exact same location as the start line (45 line West side of track).

