



# ATHLETICS CANADA

## ROAD RACE MEASUREMENT CERTIFICATE

### Race Information

Name of the course Enfield Penguin 5K  
Certificate number NS-2016-047-BDC Distance 5 km Race date June 4/2016  
City Enfield Province NS  
Race contact name Mike Juurlink Race contact email 1juurlink@gmail.com

### Course Information

Start elevation 27 m Finish elevation 27 m  
Elevation change 0 m/km Percent separation 0

### Measurer Information

Measurer name Nancy Holland and Perry Abriel  
Measurement date May 9/2016 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

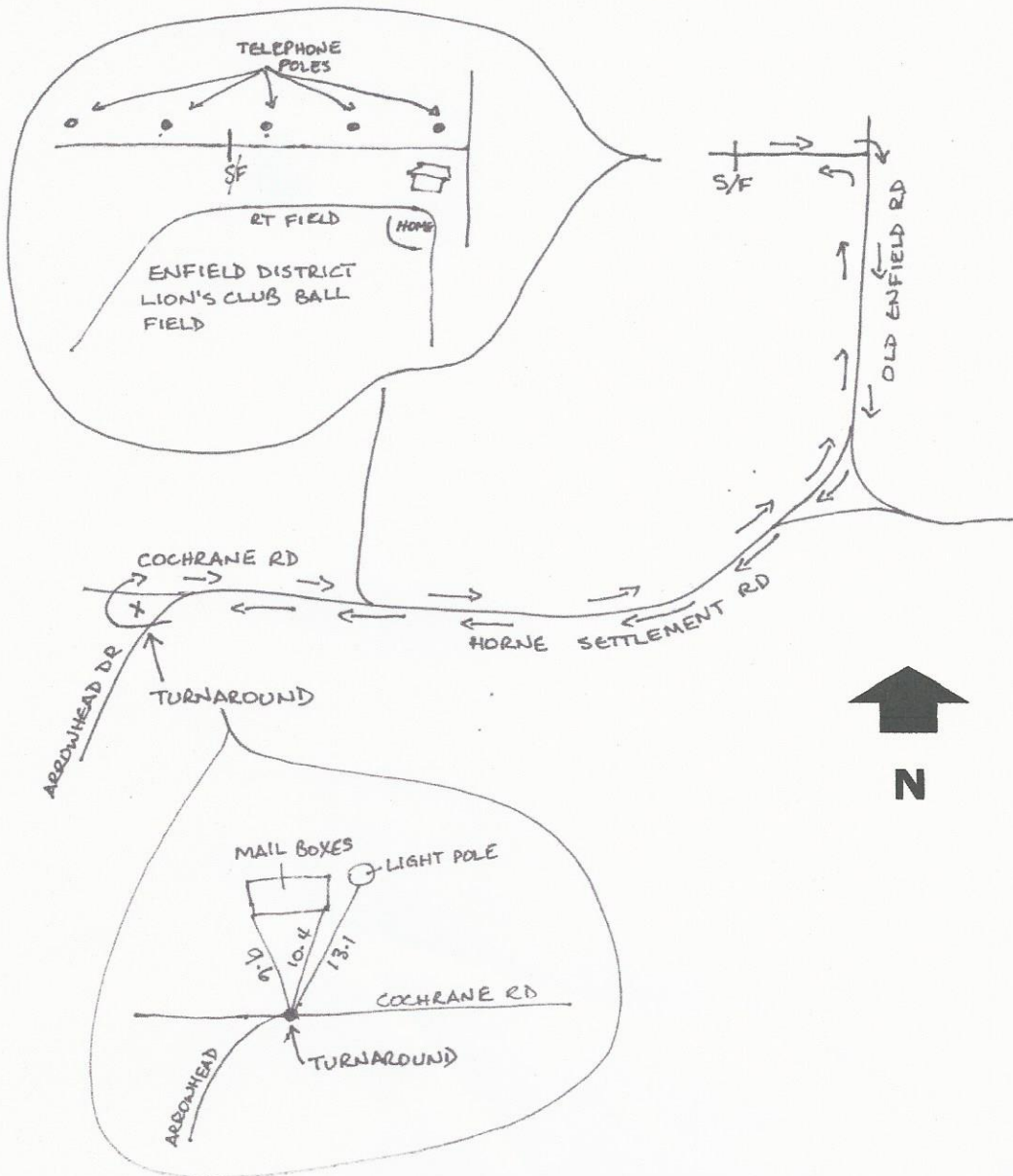
Bernard Conway  
Signature of certifier

May 30/2016  
Date

Any inquires regarding this certificate should be directed to [coursemeasurement@athletics.ca](mailto:coursemeasurement@athletics.ca)



## Enfield Penguin Run 5K



The start and finish line is 15.9 m west of the 3<sup>rd</sup> telephone pole on the driveway into 162 Old Enfield Road (the Lion's Den), across from the right-field fence of the Enfield District Lion's Club Ball Field. It is marked with PK nails and orange paint.

The route is open to traffic and runners are required to run on the left side of the road facing oncoming traffic. Runners will run about 1 meter from the edge of the pavement. The course was measured on the left side of the road.

The race goes east out of the driveway and turns south onto Old Enfield Road. Runners follow Old Enfield Road to Horne Settlement Road and straight onto Cochrane Road. The turnaround is at the top of the hill where Arrowhead Drive joins Cochrane Road. Runners go around the turnaround and head back the way they came.

The **turnaround** is in the junction of Cochrane Road and Arrowhead Drive. This is a dirt road so there are no markings. The turnaround can be found by triangulating the point south from the community mailbox pad and the light pole on the north side of Cochrane Road. The point is 9.6 m from the southwest corner of the mailbox pad, 10.4 m from the southeast corner of the pad, and 13.1 m from the light pole.

Athletics Canada Certified  
**NS-2016-047-BDC**  
 Certification Expires Dec. 31/2025