

Race Information

Name of the course			
Certificate number	Distance		Race date
City		Province	
Race contact name		Race contact email	
Course Information			

Start elevation Finish elevation Elevation change Percent separation

Measurer Information

Measurer name	
Measurement date	Expiry date

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

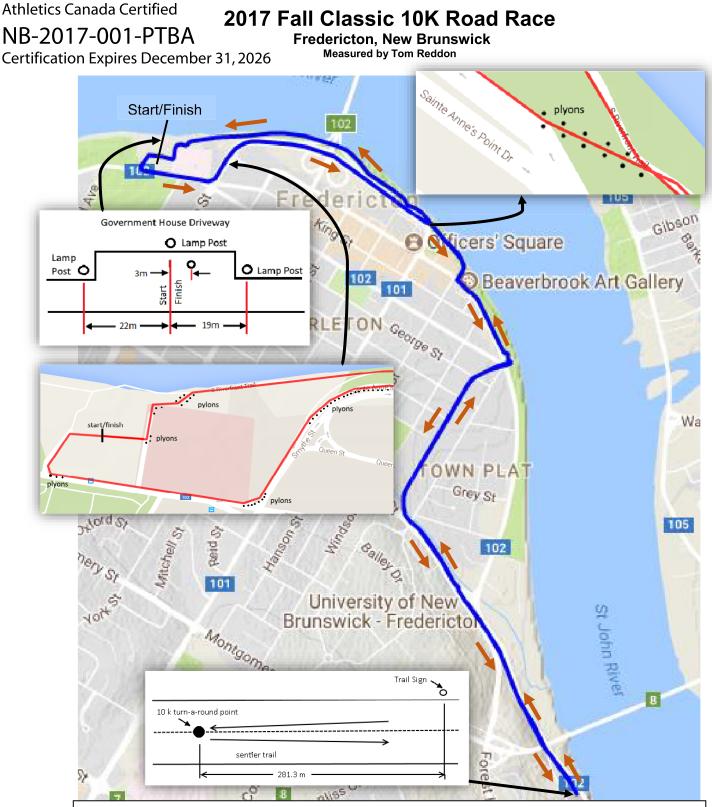
Paul T.B. Adams

Signature of certifier

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



Date



Government House:

Runners start in the driveway of Government House, run out onto Woodstock Road turning left and running east staying to the left side of the road. Then turn left onto St Anne's Point Drive running in the north lane until crossing over onto grass (for about 20m) then onto the walking trail near the Lighthouse. **Walking Trail:**

Runners continue on the paved trail staying in the right lane towards the walking bridge, turning left and go up short hill to the overpass and turn right and run over the Waterloo Road overpass. Continuing along the paved trail for the next 2.5km until the turn-around point. Runners return along the same route to the Waterloo Road overpass then down a short hill towards the lighthouse. Staying to the right side of the paved trail runners continue past the lighthouse and small aquatic center. Approximately 100m past the small aquatic center runners cross over onto grass (for about 20m) then onto the parking lot staying to the right then turning right onto the Government House driveway to the finish line.