



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course Run Our Shore 5 km
Certificate number NS-2017-019-BDC Distance 5 km Race date April 23/2017
City Liverpool Province NS
Race contact name Steve Burns Race contact email runourshore@gmail.com

Course Information

Start elevation 10 m Finish elevation 10 m
Elevation change 0 m/km Percent separation 0

Measurer Information

Measurer name Perry Abriel pabriel@eastlink.ca 902-865-4665
Measurement date April 17/2017 Expiry date Dec. 31/2026

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

April 27/2017
Date

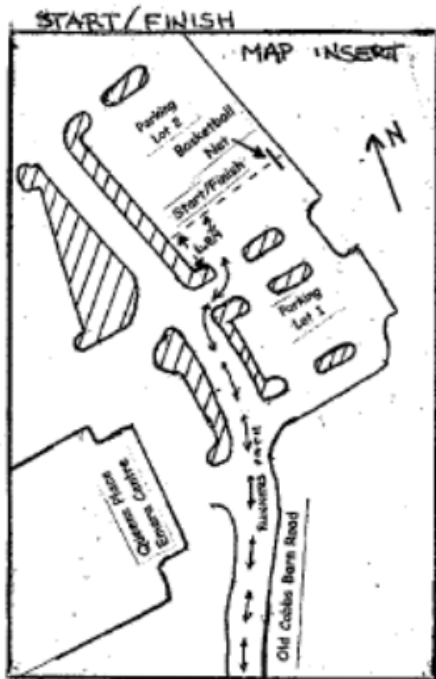
Any inquiries regarding this certificate should be directed to coursemeasurement@athletics.ca





Run Our Shore 5Km Liverpool NS

Athletics Canada Certified
NS-2017-019-BDC
 Certification Expires Dec. 31/2026



The Start/Finish Line is in Parking Lot 2 of the Queens Place Emera Centre. Access to Parking Lot 2 is via the second driveway to the right as the runners come up the Old Cobbs Barn Road entrance to the Emera Centre.

An imaginary line runs from the west curb of Parking Lot 2, across the lot to the support post supporting the middle outdoor basketball net in the lot. This line starts on the west curb exactly 6.8 meters out from the south curb.

See Map Insert.

The Turnaround Point for the 5KM is on the Lighthouse Rte #3 in Brooklyn Queens County. It is in the middle of the road in the vicinity of the Port Mersey Commercial Park. Just to the east of where Innovation Ave meets Rte #3. Across the road, on the north side, from here there is a vacant lot and on the east end of the parking lot there is a red colored Fire Hydrant. The turnaround is on an imaginary line that runs perpendicular across Rte #3 exactly 2 meters west of this Fire Hydrant. The turnaround is marked on each side of the road with PK nails and orange paint.

Runners are to run on the left side of the road facing traffic. On the main highway runners run 60 cm from the left edge of the highway.

