



# ATHLETICS CANADA

## ROAD RACE MEASUREMENT CERTIFICATE

### Race Information

Name of the course Neuro 5k  
Certificate number ON-2017-023-BDC Distance 5 km Race date May 7/2017  
City Kingston Province ON  
Race contact name Kyle Tozer Race contact email neurohalf.cad@gmail.com

### Course Information

Start elevation 85 m Finish elevation 89 m  
Elevation change +0.8 m/km Percent separation 6

### Measurer Information

Measurer name Clive Morgan Yarker, ON physikultrunning@gmail.com 613-328-3164  
Measurement date April 21/2017 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 30/2017  
Date

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



Neuro 5k

The entire route will be marked with orange pylons. Runners must keep to the right of the pylons for the majority of the route. The only exception is on Jorene Dr, runners will run up Jorene (North) on the left side of the road (West side). The main road, Front Road, has a paved bike shoulder marked with a white line, the cones will be placed on the white line.

Intersection of Front Road and Lakeland Point Dr., runners will turn right here.

Will place a large 4ft black/orange pylon at the edge of the paved corner to keep runners from cutting corner on the gravel. Will put a couple of small orange pylons beside it to keep them on the paved section of the road.



At curve on Lakeland Point Dr., runners must keep to the right side of the road. There will be cones laid out that the runners must stay to the right of. There will be marshals to ensure that the runners do not cut into the corner.



At the big curve at the bottom of Lakeshore, will use pylons again to keep them to the right side of the curve. Marshals will be ensuring that the runners follow the correct path.



Intersection of Lakeshore Blvd and Jorene Dr.. Runners will turn left onto Jorene and will run on LEFT side of Jorene back up to Front Road. There will be a LARGE black/orange pylon at the end of the driveway opposite Jorene. Runners will go around this pylon on the right and then turn left onto Jorene.



# Neuro 5k

At top of Jorene, there will be two large black/orange pylons placed on Front Road. They will be placed on the corners of the yellow lines on the road as shown in the image. Once the runners get across Front Road they will resume running on the paved bike shoulder on the right side of the road.



From here they follow Front Road back to Hampton Gray Court where they turn right into the airport and to the finish line. They will stay on the right all the way to the finish line.

Athletics Canada Certified  
**ON-2017-023-BDC**  
 Certification Expires Dec. 31/2026

Note – runners to run 1 m on edge of right hand side of road for entire course except where indicated above.

