



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course Physio Fit 5 Km Loop

Certificate number MB-2019-005-DRY Distance 5 km Race date May 11, 2019

City Winnipeg Province MB

Race contact name Kathy Wiens 204-477-5185 Race contact email office@mraweb.ca

Course Information

Start elevation 233 m Finish elevation 233 m

Elevation change 0 m/km Percent separation 0%

Measurer Information

Measurer name Murray Rose mvrose@shaw.ca 204-253-1934

Measurement date April 19, 2019 Expiry date December 31, 2028

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

Dave Jaeger

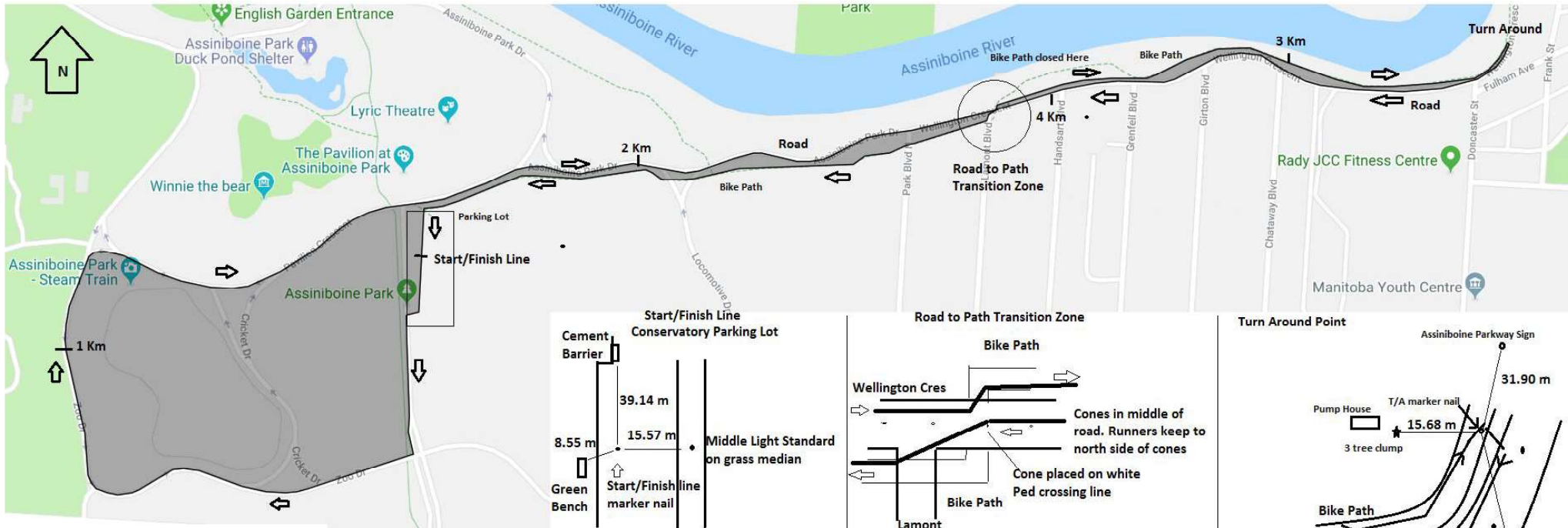
Date

April 25, 2019

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

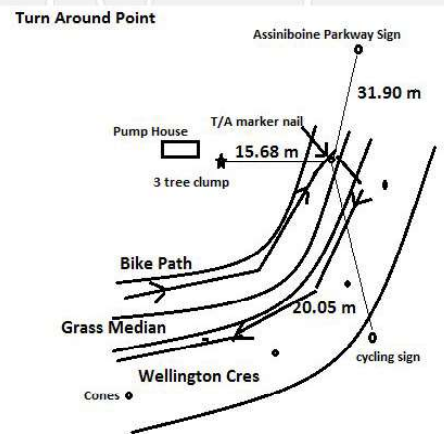
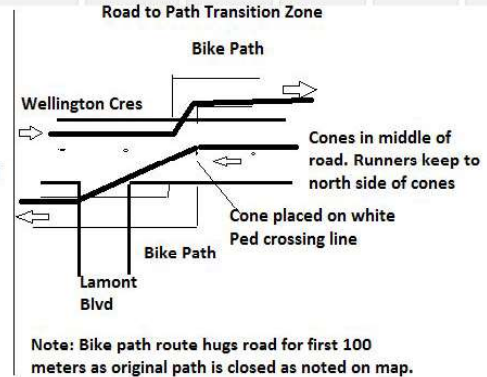
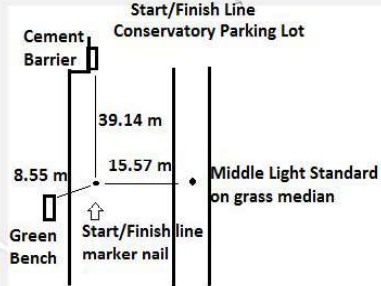


Physio Fit 5 Km Loop



Course Description:
 Start southbound in Conservatory parking Lot
 Veer right onto Conservatory Dr (South)
 Turn right at Zoo Dr (West, North)
 Turn Right at Pavillion Cres (East)
 Continue East on Assiniboine Park Dr (East)
 Exit park onto Wellington Cres (East)
 Veer left at Ped crossing onto north side path (East)
 U-turn at T/A point, path to Wellington cres (West)
 Veer left at Ped crossing to south side path (West)
 Continue west on path into park to parking lot (West)
 Turn left at parking lot to finish line (South)
Note:
 Wellington Cres: Runners use north side lane in both direction. Cones down middle of road

Km Splits:
 1 Km: 5 M South of no parking sign on east side of road
 2 KM: 3 m East of north side culvert
 3 Km: 6 m South of South end of wooden Railing along Bike path
 4 Km: 9 m West of Handsart intersection on Wellington Cres



Athletics Canada Certified
 MB-2019-005-DRY
 Certification Expires Dec 31, 2028

