



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

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

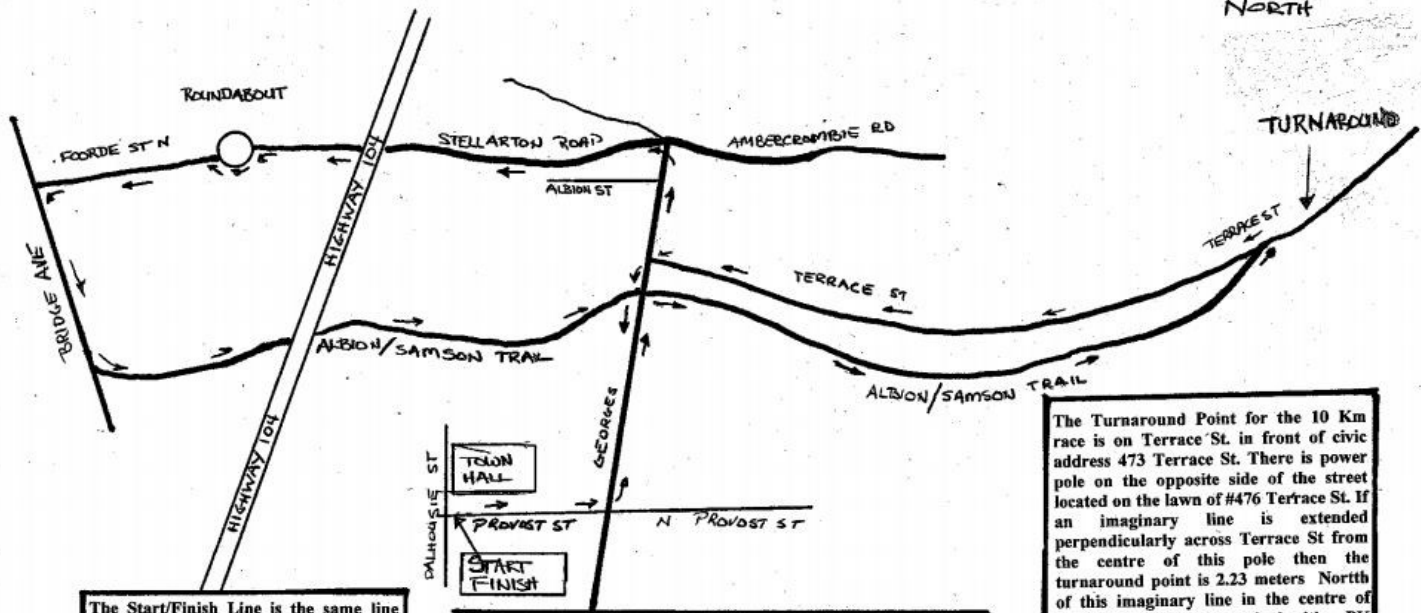
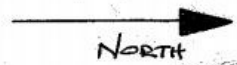
Signature of certifier

Date

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



JOHNNY MILES RUNNING EVENTS 10K RUN NEW GLASGOW NS



The Start/Finish Line is the same line and is located in front of the Town Offices Building at 111 Provost Street. An expansion joint/line in the sidewalk very near the south-east corner (5 cm from edge) runs perpendicular to the town building. This line is extended across Provost St and will mark the Start/Finish line.

The 10 Km Run is a One Loop Course

Route The 10 Km run is a One Loop Course around the central area of the Town of New Glasgow Nova Scotia. Leave the Start at Town Hall and head north on Provost Street turning left on George and run west turning left onto Stellarton Road then Head south along Stellarton Road and North Foord St. turning left(east) onto Bridge Ave. Turn left onto the Albion/Samson Trail from Bridge Ave and run the trail north through New Glasgow until exiting the trail at the north trailhead at the intersection of Terrace Street. Continue north (right) onto Terrace St until reaching the 10 Km Turnaround point in front of civic address #473 Terrace St. where they turn around the turn pylon and head back Terrace until turning left on George from Terrace and head east back to the Finish Line on Provost Street in front of the Town Hall.

The Turnaround Point for the 10 Km race is on Terrace St. in front of civic address 473 Terrace St. There is power pole on the opposite side of the street located on the lawn of #476 Terrace St. If an imaginary line is extended perpendicularly across Terrace St from the centre of this pole then the turnaround point is 2.23 meters North of this imaginary line in the centre of Terrace Street. It is marked with a PK nail and orange spray paint

Athletics Canada Certified
NS-2019-012-BDC
 Certification Expires Dec. 31/2028



Course Description
 Apr 2019

Johnny Miles Running Events -10 Km

On race day the participants will have access to the entire left lane of Stellarton Road, Foord Street and Bridge Avenue. As well all other streets will be closed to traffic and open only to runners only. The course was measured using the Shortest Possible Distance throughout the course.

The Route.
 Route

The 10 Km is a single loop course and the runners run the loop only one time.
 The runners leave the Start at Town Hall and head north on Provost Street as far as George St. They turn left on George St and run in the westerly direction until reaching Stellarton Road where they turn left onto Stellarton Road and head south on Stellarton Road, keeping to the left side lanes of the roundabout continuing on Foord Street (extension of Stellarton Rd) until they meet Bridge Avenue and then turning left(east) onto Bridge Ave. They turn left into the Albion/Samson Trail off of Bridge Avenue and run north through New Glasgow along the trail until exiting the trail on Terrace Street. They continue north (right) onto Terrace St until reaching the Marathon Turnaround in front of Civic Address 473 Terrace St and they then make the turn around the pylon and head back Terrace until turning left onto George and proceed east towards Provost Street and the Finish Line. Turn Right onto Provost and proceed south to the Start/Finish line in front of the Town Hall.

The **START/FINISHLINE** is the same line and is located in front of the Town Offices Building on 111 Provost Street. An A sidewalk expansion joint/line in the sidewalk very near the south-east corner (5 cm from south side building edge) runs perpendicular to the town building. This line is extended across Provost St and will mark the Start/Finish line

The TURNAROUND POINT

The Turnaround Point for the 10 Km race is on Terrace St. in front of civic address 473 Terrace St. There is power pole on the opposite side of the street located on the lawn of #476 Terrace St. If an imaginary line is extended perpendicularly across Terrace St from the centre of this pole then the turnaround point is 2.23 meters North of this imaginary line in the centre of Terrace Street. It is marked with a PK nail and orange spray paint