



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

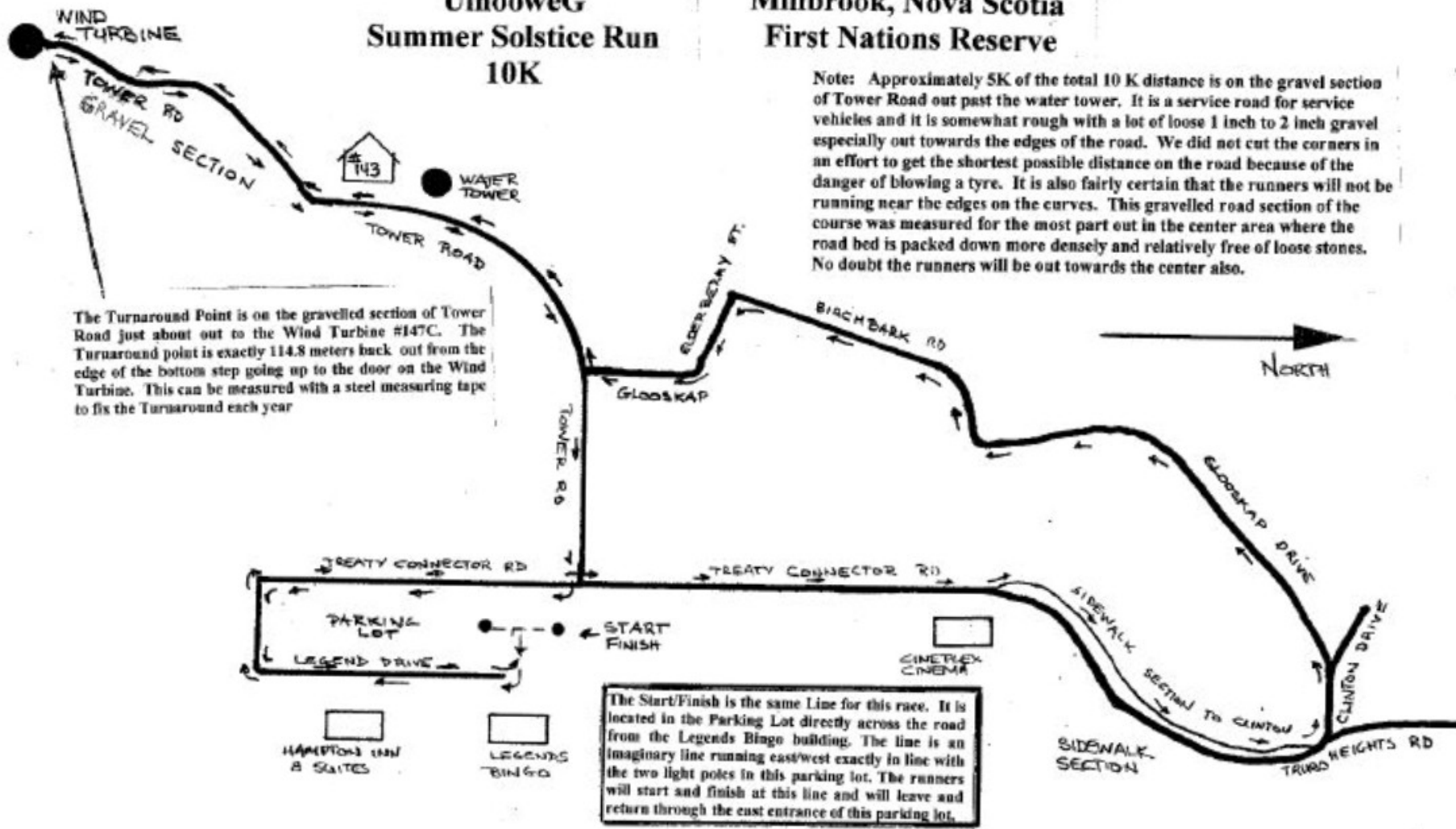

Signature of certifier _____ Date _____

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



**UlnooweG
 Summer Solstice Run
 10K**

**Millbrook, Nova Scotia
 First Nations Reserve**



Note: Approximately 5K of the total 10 K distance is on the gravel section of Tower Road out past the water tower. It is a service road for service vehicles and it is somewhat rough with a lot of loose 1 inch to 2 inch gravel especially out towards the edges of the road. We did not cut the corners in an effort to get the shortest possible distance on the road because of the danger of blowing a tyre. It is also fairly certain that the runners will not be running near the edges on the curves. This gravelled road section of the course was measured for the most part out in the center area where the road bed is packed down more densely and relatively free of loose stones. No doubt the runners will be out towards the center also.

The Turnaround Point is on the gravelled section of Tower Road just about out to the Wind Turbine #147C. The Turnaround point is exactly 114.8 meters back out from the edge of the bottom step going up to the door on the Wind Turbine. This can be measured with a steel measuring tape to fix the Turnaround each year

The Start/Finish is the same Line for this race. It is located in the Parking Lot directly across the road from the Legends Bingo building. The line is an imaginary line running east/west exactly in line with the two light poles in this parking lot. The runners will start and finish at this line and will leave and return through the east entrance of this parking lot.

Course Description The participants start in the parking lot across the road from the Legends Bingo building. They run out the east entrance and turn right running to the end of Legend Drive and turn right and right again on to the Treaty Connector Road. When they reach the end of the road on the Treaty Connector they will be directed out on the north sidewalk and they will run the sidewalk until Clinton Drive. They will turn left onto Clinton, almost immediately left onto Glooskap Drive, right onto Birchbark Rd, left onto Elderberry St and right again onto Glooskap and then right onto Tower Rd and proceed on Tower Rd to the end of the paved section and onto the gravel section. The 10 K Turnaround is more than 2.5 Km out the gravel section of the road to almost the wind turbine #147C. They do the Turnaround and return on Tower Rd back to the paved streets. They turn right onto Treaty Connector and then left down to Legend Drive to the east entrance of the Legend Bingo parking lot to the Start/Finish Line