



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

 Paul T.B. Adams
Signature of certifier _____ Date _____

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

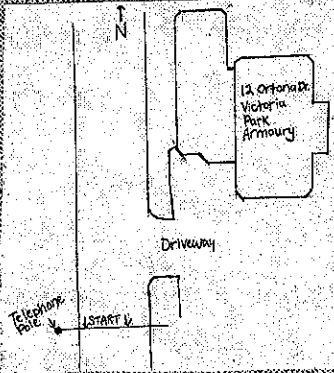


Cape Breton Fiddlers 5K Run
Sydney, NS
Sept. 8, 2019



Start/Finish

The start/finish line is an imaginary line running across Esplanade/Ortona perpendicularly from the center of the first telephone pole that is south of the driveway of civic #12 Ortona Drive (Victoria Park Armoury).



5K Course Description

The Start

The start/finish line of the race is perpendicular to the first telephone pole on the south side of the driveway of 12 Ortona Drive. The runners head south down Ortona which turns into Esplanade. The road is closed to traffic from the start to the corner of Esplanade and Dorchester St. After this the runners are to stay on the right side of the road. The runners continue down Esplanade which then turns to Kings Rd. At the corner of Kings and Townsend the road widens to two lanes. The runners continue on the right side, closest to the curb or road's edge to the turnaround point.

The Turnaround

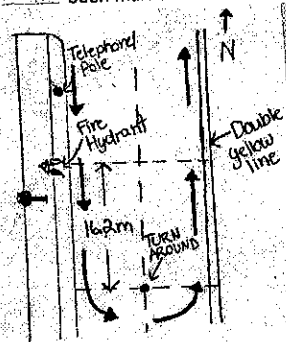
The turnaround point is marked by a PK nail along the broken white line in the center of the southbound double-lane of Kings Rd., in front of the Medical Arts building civic #336. From there, the runners will be marshalled up the inside of double yellow line of Kings Rd. facing would-be oncoming traffic. They will keep to this side until the lanes go back to one lane (at Dorchester) and continue along the inside of the center line of Kings Rd., to Esplanade, to Ortona and to the finish.

Note: the entire side of the road where the participants will be running will be closed to traffic for the duration of the race.

The race was measured no more than 1 meter from the side of the road heading out and the center line of the road after the turn.

Turnaround Point

The 5K turnaround is on the broken white line of the south bound lane of Kings road exactly 16.2m south of an imaginary line extending across from the center of the fire hydrant in front of civic #336 Kings Rd (CBI Health Centre). The edge of the road from where this point extends perpendicularly has been marked with a PK nail.



336 Kings Rd. (CBI Health Centre)

TURN HERE

ARROWS SHOW RUNNERS' PATH

START FINISH

Athletics Canada Certified
NS-2019-025-PTBA
Certification Expires 2028-12-31

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