



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course Canada Army Run 5K

Certificate number ON-2019-028-DRY Distance 5 km Race date Sep 22, 2019

City Ottawa Province Ontario

Race contact name Jeff Moyle 705-331-9854 Race contact email jeff@armyrun.ca

Course Information

Start elevation 52 m Finish elevation 55 m

Elevation change +0.6 m/km Percent separation 5%

Measurer Information

Measurer name John Halvorsen 613-447-9106 jhrun01@gmail.com

Measurement date Sep 8 and 15, 2019 Expiry date Dec 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

Sep 18, 2019

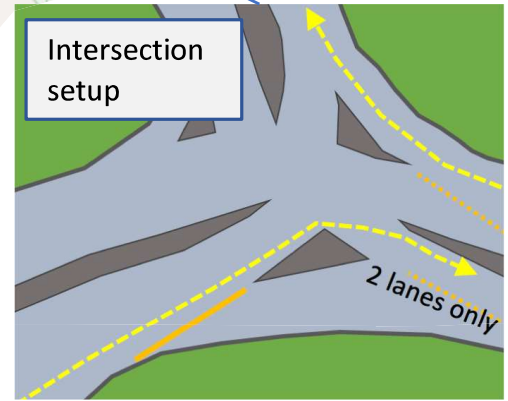
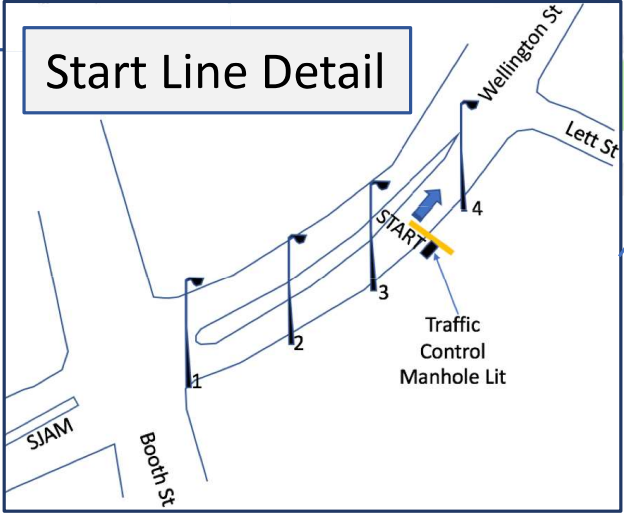
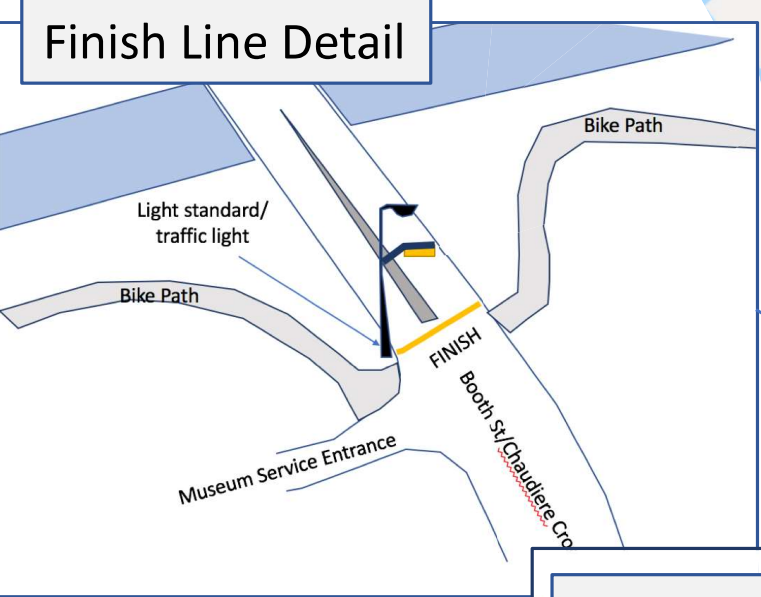
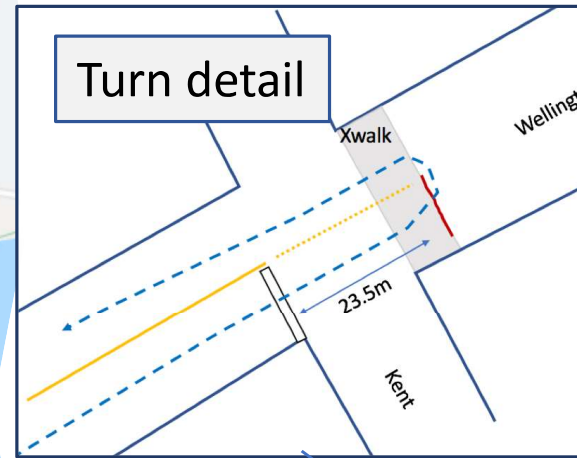
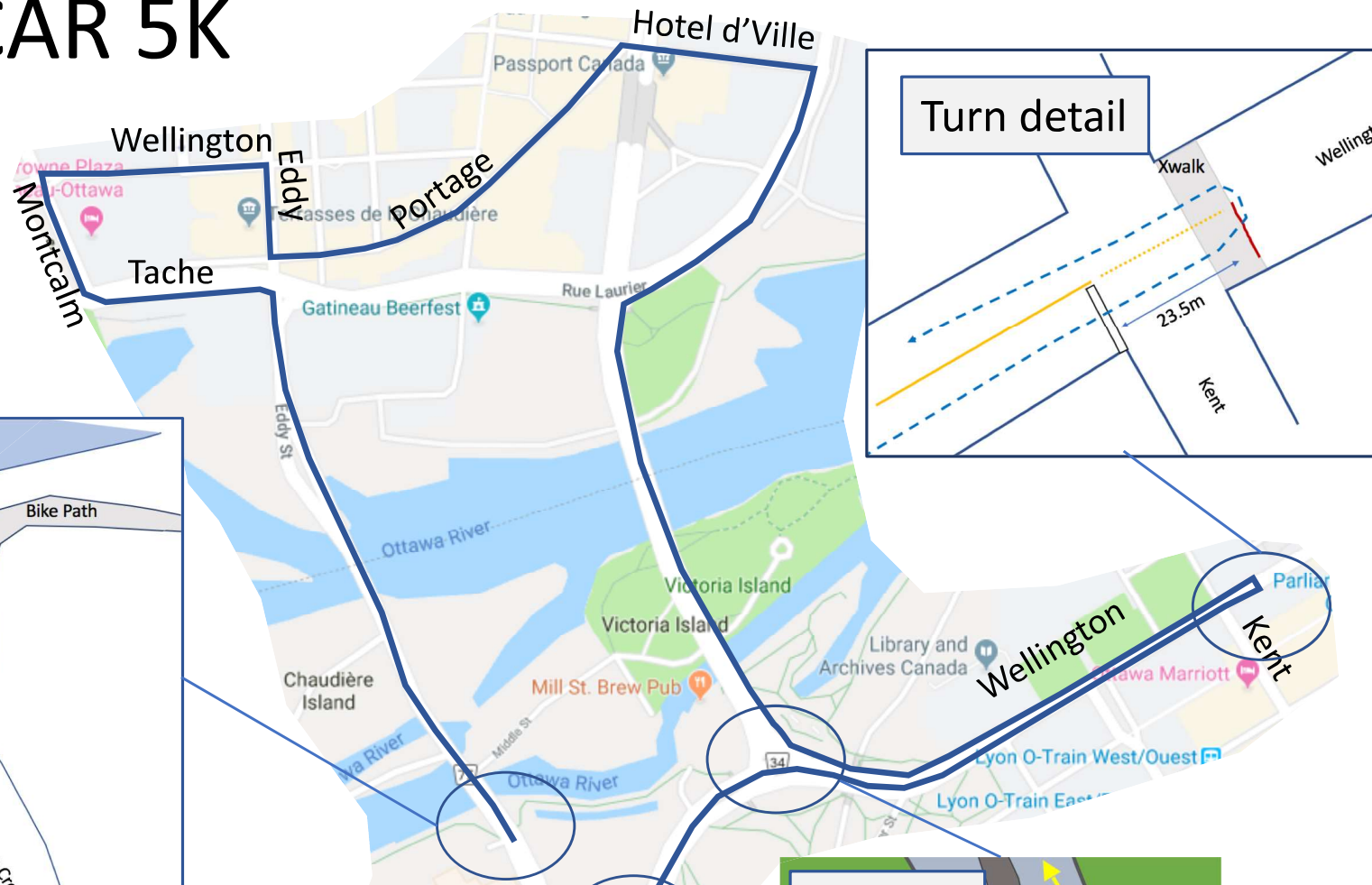
Any inquires regarding this certificate should be directed to coursemeasurement@athletics.ca



2019 CAR 5K

Notes:

- Runners have entire road surface unless noted
- Intermediate km marks are not certified
- On Wellington (Ottawa) runners stay in EB lanes going to turn, then in WE lanes back on onto the bridge.
- In Gatineau; Wellington south side lane and Montcalm east side coned for hotel lane; Tache runners only in EB lanes



Athletics Canada Certified
 ON-2019-028-DRY
 Certification expires Dec 31, 2028



John Halvorsen 613-447-9106 Sept 16, 2019	Race Measurement OTTAWA
---	--