



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course Canada Army Run 10K
Certificate number ON-2019-029-DRY Distance 10 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 +0.3 m/km Percent separation 2%

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

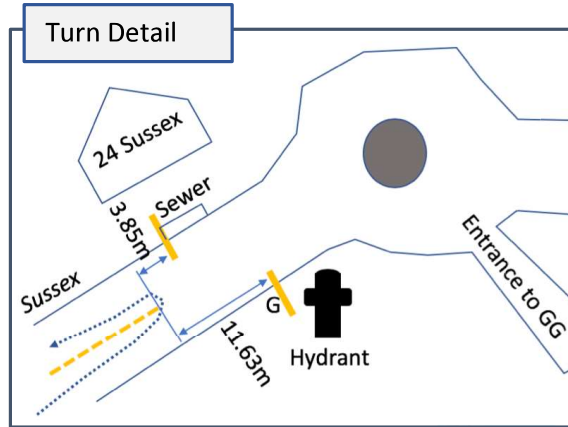
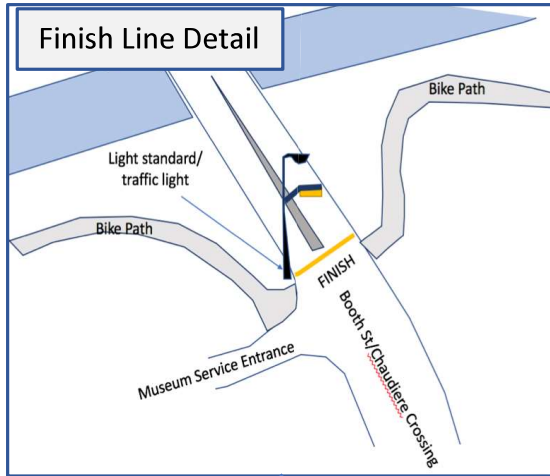
Signature of certifier  _____
Date Sep 18, 2019

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



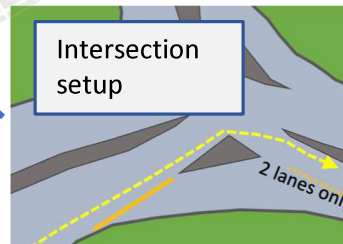
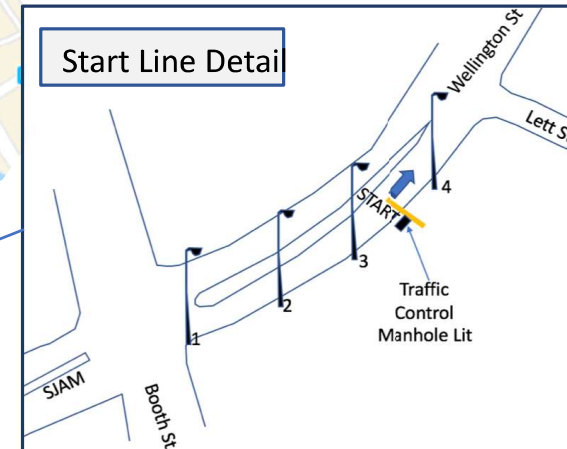
2019 CAR 10K

Athletics Canada Certified
ON-2019-029-DRY
Certification Expires Dec 31, 2028



Notes:

1. Runners have entire road surface unless noted
2. Intermediate km marks are not certified
3. Heading out, on Sussex, runners in NB lanes only
4. Returning, on Sussex, runners in SB lanes only
7. On Wellington south side lane coned for hotel traffic exit, on Montcalm the East side lane NB from Hotel
8. On Tache, runners only in south side (EB) lanes



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