



# 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 \_\_\_\_\_

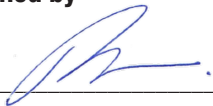
### Official Notice

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 \_\_\_\_\_

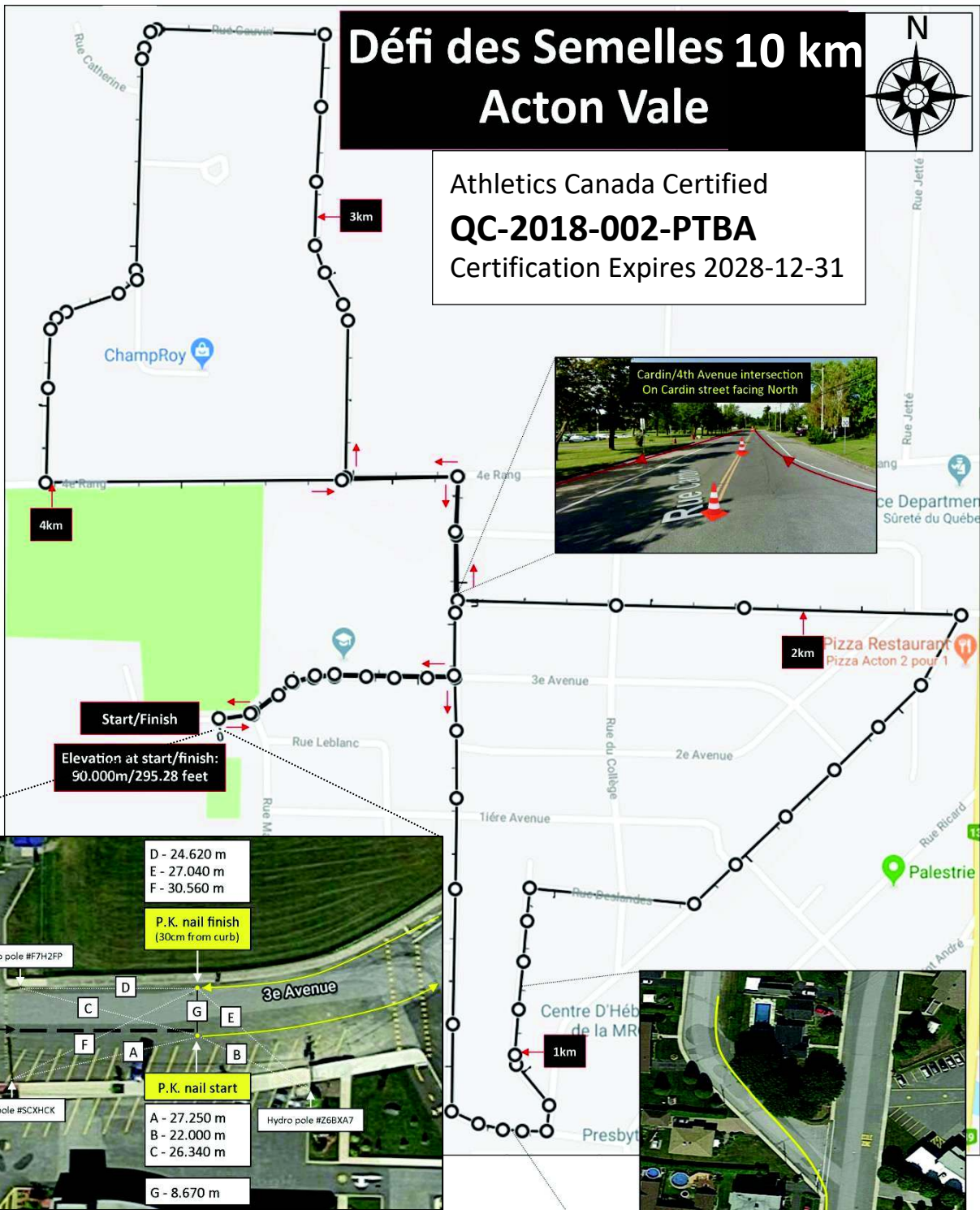
Any inquires regarding this certificate should be directed to [coursemeasurement@athletics.ca](mailto:coursemeasurement@athletics.ca)



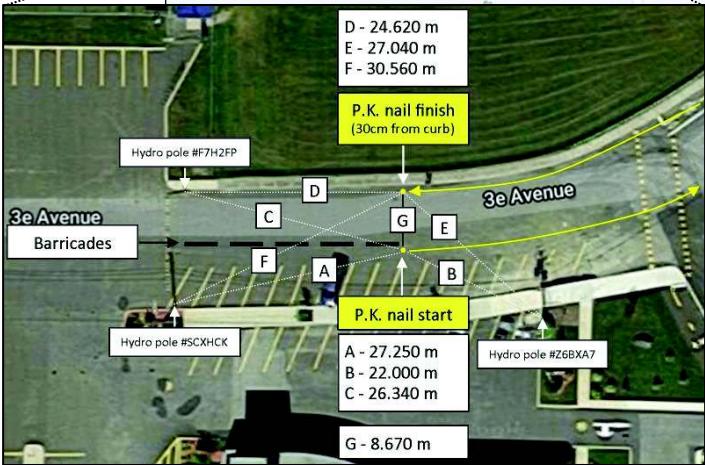
# Défi des Semelles 10 km Acton Vale



Athletics Canada Certified  
**QC-2018-002-PTBA**  
Certification Expires 2028-12-31



**Start/Finish**  
Elevation at start/finish:  
90.000m/295.28 feet



The 10 km route is two loops of the 5 km course shown on the map. The turn for the second loop is 1.5 m along the running line east of the start.

Start in front of municipal sport complex on 3rd Avenue facing east. Runners have access to right lane (South). Right on Cardin, access to both lanes (East and West). Left on Roy, runners stay on the inside left lane (North). Left on Belair, runners stay on the inside left lane (West). Left on Provost, access to both lanes (East and West). Right on Deslandes, access to both lanes (North and South). Left on Belaire, access to both lanes (Northwest and Southeast). Left on 4th Avenue, access to both lanes (North and South). Right on Cardin, access to right lane (East). Left on 4th Rang, access to right lane (North). Right on Florance, access to both lanes (East and West). Left on Gauvin, access to both lanes (North and South). Gauvin street becomes Richard street, runners still have access to both lanes. Left on 4th Rang, access to both lanes until they reach Florance. 4th Rang between Florance and Cardin, runners have access to right lane only (South). Right on Cardin, access to right lane (West). Right on 3rd Avenue, access to right lane (South).