



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

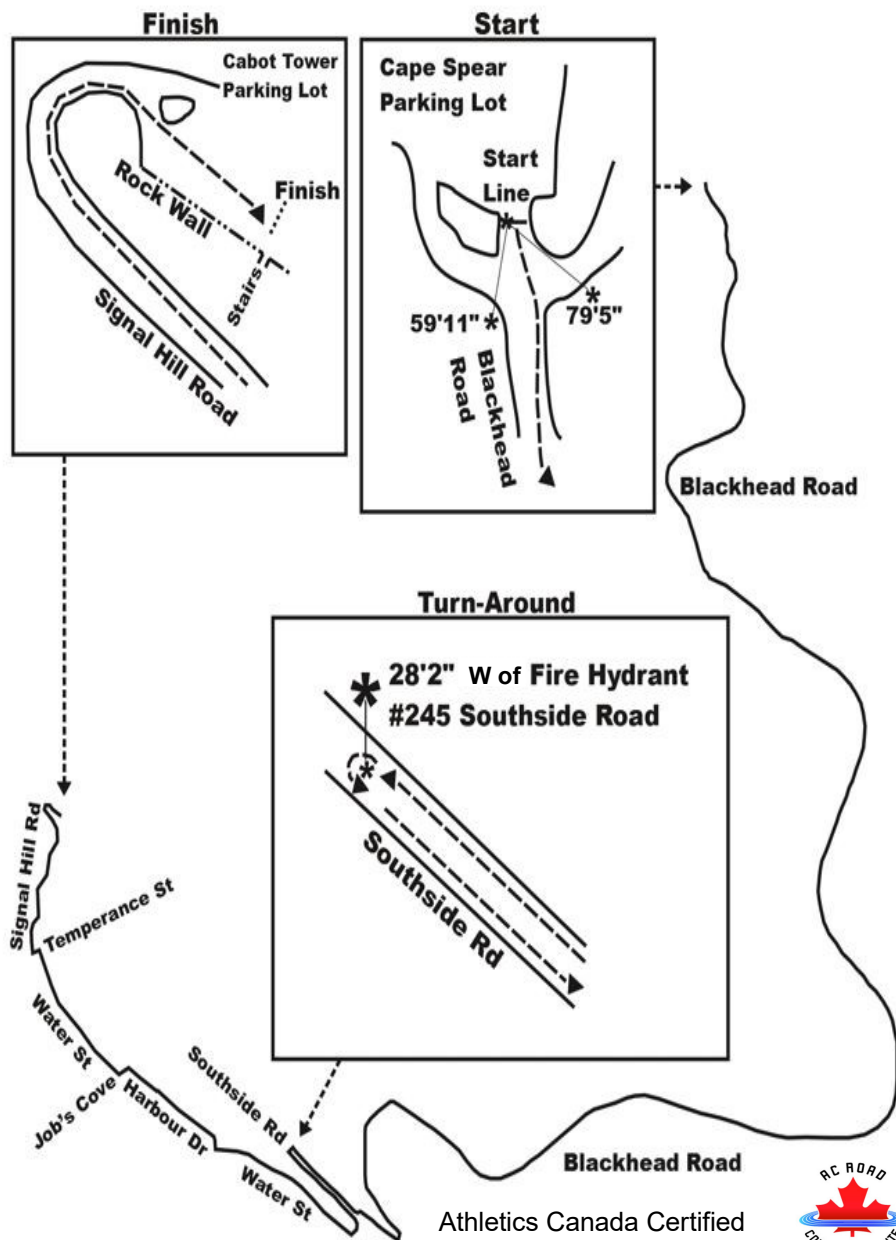
In the event a **National Open Record** is set on this course, or at the discretion of **Athletics Canada**, a validation remeasurement may be required to be performed by a qualified measurer. If such a remeasurement shows the course to be short, then all pending records will be rejected and the course certification will be cancelled.

As Nationally Certified by

Signature of certifier  _____ Date _____

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





C2C Measured Path

From the Start to about the 11.5 km mark runners have the full width of the road surface. In this section the path was measured using the shortest path cutting from one side of the road to the other as required for left and right hand curves, where present.

From 11.5 km to 13.5 km runners are kept to the right of the centre line of the road, and the shortest path was measured cutting from the centre line to the right hand side of the pavement as required for left and right hand curves, where present.

From 13.5 km to 15.25 km runners are kept within a 2 meter coned running lane along the right hand side of the road, and the shortest path on this narrow route was used while measuring. The route then curves to the right before joining Water Street, and the path was measured next to the curb.

Water Street West is mostly a straight line and runners have the full use of the curb lane, which is coned from the rest of the traffic lanes – measurement used the shortest route within this boundary.

Cones are used on Harbour Drive to keep runners in the eastbound traffic lane on the right side of the centre line – measurement used the shortest route between centre line and the right-hand curb. Cones keep runners to the right-hand side of the centre line turning left onto Job's Cove which then curves right onto Water Street East. The shortest path between these corners was used for the measurement.

Water Street West gradually curves to the right until the left hand turn onto Temperance Street, so the measured path was along the curb. The left-hand turn onto Temperance is coned to keep runners to the right hand side of the centre line. At the top of Temperance there is a right turn onto Signal Hill Road, so the shortest path between these two corners was measured.

Left hand curves on Signal Hill Road are coned with a 2 meter running path, so measurement was along the right hand curb, cutting over to the cone line on left-hand curves.

- Start is from the north edge of the parking lot at Cape Spear.
- Follow Blackhead Road for almost 14 km until the intersection with Southside Road.
- Turn right onto Southside Road for a distance of just over 1/2 km to reach the turn-around point on this short out-and-back section.
- Return on Southside Road to Blackhead Road.
- Turn right onto Blackhead Road to go over the bridge to a right hand turn onto Water Street West.
- Run eastward on Water Street until the right hand turn onto Harbour Drive.
- Run the length of Harbour Drive to the left hand turn onto Job's Cove, and then immediately turn right onto Water Street East.
- Run eastward on Water Street until the left hand turn onto Temperance Street.
- At the top of Temperance Street, turn right onto Signal Hill Road.
- Climb Signal Hill Road to the finish line in the parking lot beside Cabot Tower at the top of the hill.

Athletics Canada Certified
 NL-2021-006-BDC
 Certification Expires Dec. 31/2030



Cape to Cabot 20km