



# 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](mailto:coursemeasurement@athletics.ca)**



# COOKIE RUN - 2021

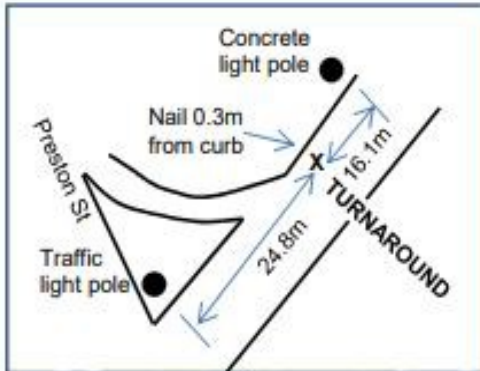
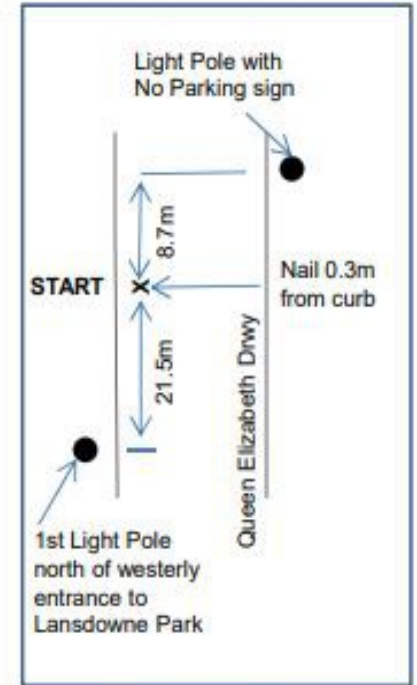
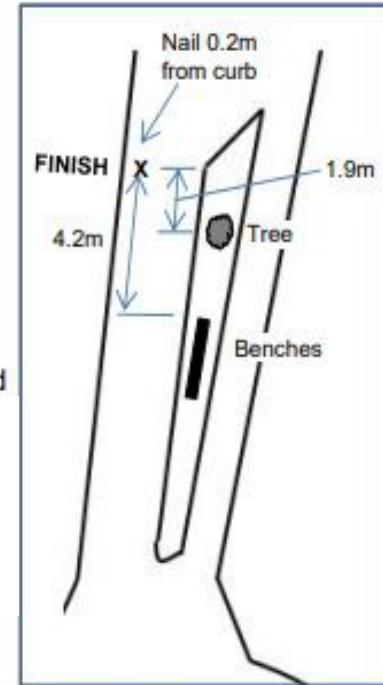
## 5 KM

- Start QED – N side E of westerly entrance to Lansdowne Park. See detail.
- 1 km QED – N side 11.9m W of fire hydrant beside driveway for #520 QED.
- 2 km QED – N side 7.6m W of 1<sup>st</sup> light pole W of Crescent Hts.
- Turn QED – N side E of ramp to Preston St. See detail.
- 3 km QED – S side 3.0m E of double storm drain E of Crescent Hts.
- 4 km QED – S side 1.0m W of light pole on S side W of fire hydrant referenced in 1k.
- Finish Lansdowne Park pathway. See detail.

Note: Runners have full use of the westbound lanes on the way out and the eastbound lanes on the way back.  
Kms marked at curb with red paint.



Athletics Canada Certified  
**ON-2021-012-BDC**  
Certification Expires Dec. 31/2030



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