



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course What The Hill 5 Km

Certificate number MB-2022-014-LJJL Distance 5 km Race date August 27, 2022

City Stony Mountain Province MB

Race contact name Dave Van Heyst Race contact email dave.vanheyst@gmail.com

Course Information

Start elevation 249 m Finish elevation 250 m

Elevation change + 0.2 m/km Percent separation 1.2%

Measurer Information

Measurer name Murray Rose - mvrose@shaw.ca (204) 253-1934

Measurement date August 10, 2022 Expiry date December 31, 2031


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  August 15, 2022

Date

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



**What The Hill 5 Km
Stony Mountain, Mb**



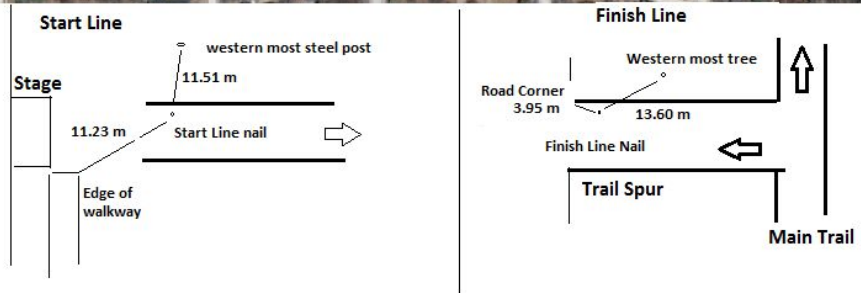
Athletics Canada Certified
MB-2022-014-LJJL
Certification expires:
December 31, 2031

Measured August 10, 2022 by Murray Rose



Course: 1.9 loops of Trails around Quarry with spurs for the start and finish. Trails are named "Quarry Ridge" (North section) and "Quarry Flats" (South section). Course is measured SPR within the confines of the trails.

Start on spur east of stage heading east. Turn left (North) onto main trail and continue counterclockwise for 1.9 laps. Runners turn left (West) at trail spur just south of stage seating bowl to finish line.



- Km Markers:**
- 1 Km: 8m South of Trail intersection
 - 2 Km: 46 m North of Trail Spur
 - 3 Km: At West edge of Gravel Road
 - 4 Km: 25 m West of trail intersection