



# 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

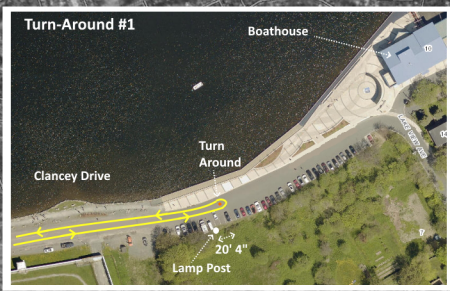
 Paul T.B. Adams  
Signature of certifier \_\_\_\_\_ Date \_\_\_\_\_

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



# Uniformed Services Run Marathon & Half-Marathon St. John's, NL

Athletics Canada Certified  
NL-2022-024-PTBA  
Certification Expires 2031-12-31



⊙ = place cones to keep runners right of the centre line on left-hand curves



## COURSE DESCRIPTION

The marathon is two loops of the half-marathon course.  
Start in front of the Caribou Memorial on Park Road in Bowring Park. Head east to the East Gate of the Park. Right turn onto Waterfordbridge and continue to right turn onto Old Bay Bulls, followed by immediate left turn onto Southside. Continue on Southside to a left turn onto Blackhead, and then a right turn onto Water. Use the coned curb lane to a right turn onto Harbour Drive, continue on Harbour Drive, to a right turn back onto Water. Follow Water to a left turn up Temperance. Cross the intersection to Quidi Vidi Rd and take the left fork onto Empire. Continue in Empire to Kingsbridge and round the corner to the right onto Lake. Follow Lake and bear right onto Clancey as far as Turn Around 1. Come back on Clancey to bear right onto Carnell, before a right turn onto The Boulevard. Follow The Boulevard, Quidi Vidi Village Rd, and Forest around Quidi Vidi Lake back to Empire for a left turn. At the end of Empire, go through Quidi Vidi Rd, across the intersection, and then left turn to go down Temperance Street. Turn right onto Water and continue on Water all the way to the fork intersection with Waterfordbridge and Topsail Road.

Take the left fork onto Waterfordbridge and continue all the way to the left hand turn into Park Road at the West Gate of Bowring Park.  
Enter Bowring Park on Park Road and continue to a right turn at the T intersection next to the Fountain Pond. Head west to Turn Around 2 and return on Park Road to cross the bridge over the T'Railway and an immediate right turn to the Finish line/ Start of the Second Loop, just past the Bungalow.  
For the Marathon, continue on Park Road to the East Gate, and complete a second loop of the course.

## RESTRICTIONS

1. In general, roads are closed in the direction of runners. Runners may use the space between the curb and the centre (or lane) line of the road.
2. Cones are placed on all leftward trending road curves to keep runners to the right hand side of the centre (or lane) line.
3. Runners have full use of Park Road when in Bowring Park, from edge to edge.
4. There is coned running lane on Waterfordbridge from the East Gate to Old Bay Bulls Road.
5. Water is four lanes from Harbour Drive to the Waterfordbridge/Topsail fork. Cones down the lane line reserve the curb lane for runners.
6. There is a coned running lane on Waterfordbridge from Cowan Avenue to the turn onto Park Avenue.
7. All left hand turns onto at intersections are controlled by with cones down the centre line of the road, right up to the turning point. Cones resume at the centre line after the turn so that runners cannot cut corners.