



# 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 \_\_\_\_\_

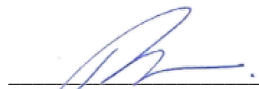
### Official Notice

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

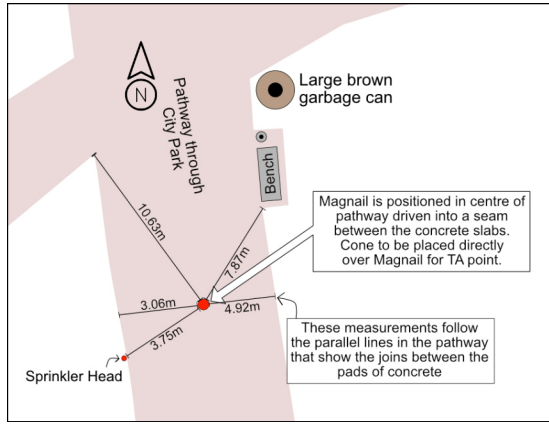


## KM 4 - Turnaround Point: City Park

GPS: 49.883882N 119.503988W. 345m

The turnaround point is marked with a **MAG nail in the centre of the pathway** where a cone will be placed.

1. CP - SW corner of concrete pad (CP) on east side of path and NE of turnaround point (TA) point. MAG nail at TA point to SW corner of pad is 7.87m.
2. BP - Concrete path to beach is north of TA and on west side of main path. The SW intersection corner is 10.63m to the MAG nail at TA.
3. Metal sprinkler head on west side of path just south of MAG nail at TA. The centre of the sprinkler head is 3.75m to MAG nail at TA.



# Midsummer 8k

## Course Certification Map

Prepared by Joshua Wyatt on 04th July 2023

### General Points of Note:

1. Roadways will not be closed during this event.
2. This is an out and back course and runners will be running along the west side of the road in both directions.
3. The majority of the course runs along a defined cycle lane so this will constitute the majority of the route.
4. Where cycle lanes are not defined, runners will keep to the west side of the road, with cones to define the pathway where necessary. The areas where this is required are defined on the map along with positioning of the cones.

**Bridge over Mill Creek**  
Small bridge is a potential busy area for runners. Marshall and extra signage to warn other pathway users.

**KM3 / KM5**  
49.877857N 119.496914W  
348m  
Marked by nail in pathway w/ red paint

**Abbott St. by Strathcona Park**  
Water station on west side of pathway at 2.5km

**Abbott St. and Christleton Ave.**  
Roadway narrows significantly but there is a designated cycle lane. Runners to stay in the cycle lane on the west side of the road.

**KM2 / KM6**  
49.869966N 119.494873W  
347m  
Marked by nail in road w/ red paint

**Abbott St. and Wardlaw**  
Wide bend. Cones required to keep runners in designated bike path on west side of roadway and out of traffic lane.

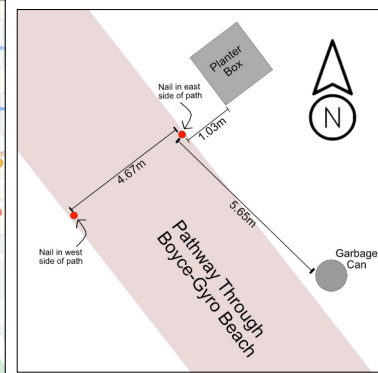
**KM1 / KM7**  
49.862071N 119.494150W  
344m  
Marked by nail in path w/ red paint

### Start/Finish: Gyro Beach (3400 Lakeshore Road)

GPS: 49.854210N, 119.490148W. 348m

Start/Finish line spans the main pathway through Gyro beach. It is marked by **nails on either side of the pathway**:

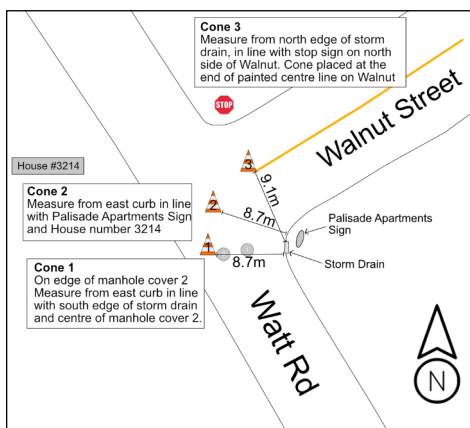
1. PB - SW corner of the most southerly of 3 concrete tree planter boxes. Planter box is 1.5m W x 1.5m L x 0.2m H. Distance from SW corner of box to nail on east side of path at start/finish line is 1.03m.
2. The distance between the west and east nails in path at start/finish line is 4.67m.
3. GC - Black metal garbage can holder is 5.65m south of the nail on east side of path at the start/finish line. The garbage can is 0.6m OD and 0.9m HT.



**Pandory Waterfront Park**  
Runners transition from the roadway onto the pedestrian pathway in the park. On the far side they transition back onto the cycle path on Abbott Street.

**Walnut Street and Meikle Ave.**  
Runners continue straight into parking lot of Pandory Waterfront Park.

**Watt Rd. and Walnut Street**  
Cones required to keep runners to west side of roadway at bend.



Athletics Canada Certified

BC-2023-015-PTBA

Certification Expires 2032-12-31

