

INTERNATIONAL MEASUREMENT CERTIFICATE

Name of Race		Distance
Location		Country
Date of Race	Date of Measurement	Elevation Change
Separation % of race distance		
Name(s) of the measurer(s)		World Athletics – AIMS Grade
Country	Certificate Number	Expiry Date
International Measurement Administrator		Registered On

In cooperation with





5K Route

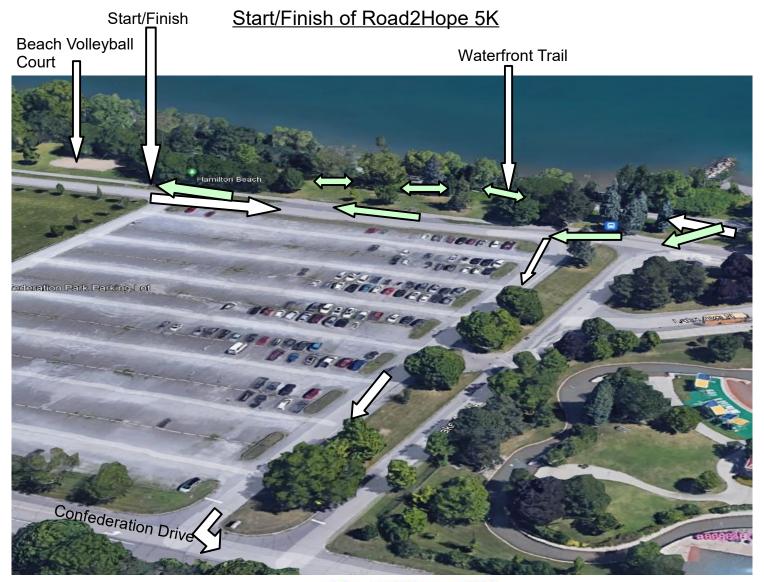
- km marker

- aid/water station

Location: Confederation Park

Description: The 5K route is a loop
around the waterfront.





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Road2Hope 5K

CAN-2023-157

Start-Finish

- is on the paved road to the north of the parking lot west of Wild Waterworks Park.
- 31.0 m E of centre of poles holding the net for the Beach Volleyball area
- 10.92 m W of the west most road in the parking lot
- inline with the post holding the 2 garbage pails along the north side of the paved road north of the parking lot
- 1 km 1.5 m W of the yellow line of the access road from the North Service Road to the Jenny Florence Parker Sports Complex. The 1 km mark is between the 2 gates on Confederation Drive.
 From Start to Confederation Drive And on to Waterfront Trail
- 2 km 8 m E of sign "Turtle Nesting Area",
 - 27 m E of sign for Picnic Area #1 & #2.
 - east of Emergency Gate 8

To turnaround and back on Waterfront Trail

3 km - 4 m west of 6600 mark on bike path on the Waterfront Trail.

Turnaround - 20.4 m SE of 6 km post on Waterfront Trail - 3.1 m SE of sign "Poison Ivy"

To the Finish from Waterfront Trail after turnaround (out and back)

4 km - 66.4 m SE of sign for picnic area #2 & #3

- 58.1 m SE of 6500 mark on bikepath on the Waterfront Trail