

Race Information

Name of the course	
Certificate number	_DistanceRace date
City	Province
Race contact name	Race contactemail
Course Information	
Start elevation	Finish elevation
Elevation change (m/km)	Percent separation
Measurer Information	
Measurername	
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 which results in a course that is less than the stated distance, this certification becomes void, and the course must then be re-certified.

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

Ser

Signature of certifier

Date

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





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Start on Perimeter Dr. in St. Vital Park.

Proceed east to the exit.

Turn right on River Road, using the whole road up to the divider approaching Bishop Grandin Blvd.

Proceed on the west side of the divider, use the sidewalk in the merge lane to access the bike path.

Follow the bike path under the Bishop Grandin Blvd. bridge, follow the path to the bridge.

Proceed west on the sidewalk/bike path across the Bishop Grandin Blvd bridge.

Turn left on the bike path toward D'Arcy Dr.

Proceed south on D'Arcy Dr, staying in the northbound lane.

Turn right on to Agassiz Drive, staying in the eastbound lane.

Turn left on Thatcher Dr., using the northbound/eastbound lane only.

Turn left on University Cres., using the northbound curb lane and adjacent paved shoulder.

Turn left on Sifton Rd., using the north lane only.

Turn left on Dysart Rd.

Remain in the westbound lane on Dysart Rd.

Turn right on Saunderson St., stay in the northbound lane.

Turn right on Freedman Cres., stay in the eastbound lane.

Turn left on King's Dr., use the northbound lane, only

Turn right on Kilkenny Dr. using only one lane, against the flow of traffic.

Stay in the eastbound/northbound lane of Kilkenny Dr. until the eastbound/westbound section parallel to the Perimeter Hwy., where runners have access to the entire road and paved shoulder as they cross the road.

Runners use the southbound lane and shoulder as they proceed south on Cloutier Dr., under the Perimeter Hwy. bridge, to the paved bike path.

Turn right on to the bike path. Stay on the bike path until the turnaround, approximately 8 m east of Pembina Hwy. Turn left on to the bike path that runs parallel to Pembina Hwy.

Turn left approximately 5 m further on to Cloutier Dr.

Proceed east on Cloutier Dr., using only the westbound lane.

Turn north on Cloutier Dr., staying in the southbound lane. Cones separate the runners on the shoulder going south toward the bike path and those going north. Go under the the Perimeter Hwy. bridge.

Turn left on Kilkenny Dr., using the entire road and paved shoulder to cross over to the westbound lane before making the right turn, north on Kilkenny Dr.

Proceed on Kilkenny Dr., using only one lane, following the flow of traffic.

Turn left on King's Dr., staying in the northbound lane.

Turn right on Freedamn Cres., staying in the eastbound lane.

Turn left on Saunderson St., staying in the northbound lane.

Turn left on Dysart Rd., using the westbound lane.

Turn right on Sifton Rd., staying in the right curb lane.

Turn right on University Cres. using the northbound curb lane and paved shoulder.

Turn right on Thatcher Dr., using only one lane, following the flow of traffic.

Turn right on Agassiz Dr., staying in the eastbound lane.

Turn left on D'Arcy Dr., using only the northbound lane.

Take the bike path north of D'Arcy, proceed north, then east across the bridge, using the sidewalk/bike path.

Turn right on the bike path right after the bridge, staying on the paved bike path under the bridge until the exit of River Rd. to Bishop Grandin Blvd. Use the short setion of sidewalk to get on to the road.

Turn left on to the River Rd. exit.

Stay in the southbound lane on River Rd up to the St. Vital Park exit.

Turn left, against the flow of traffic into the park. Runners have acces to the whole road in the park. Proceed west, against the flow of traffic on Perimeter Dr. until the finish line.