



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 (m/km) _____ 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 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

Signature of certifier

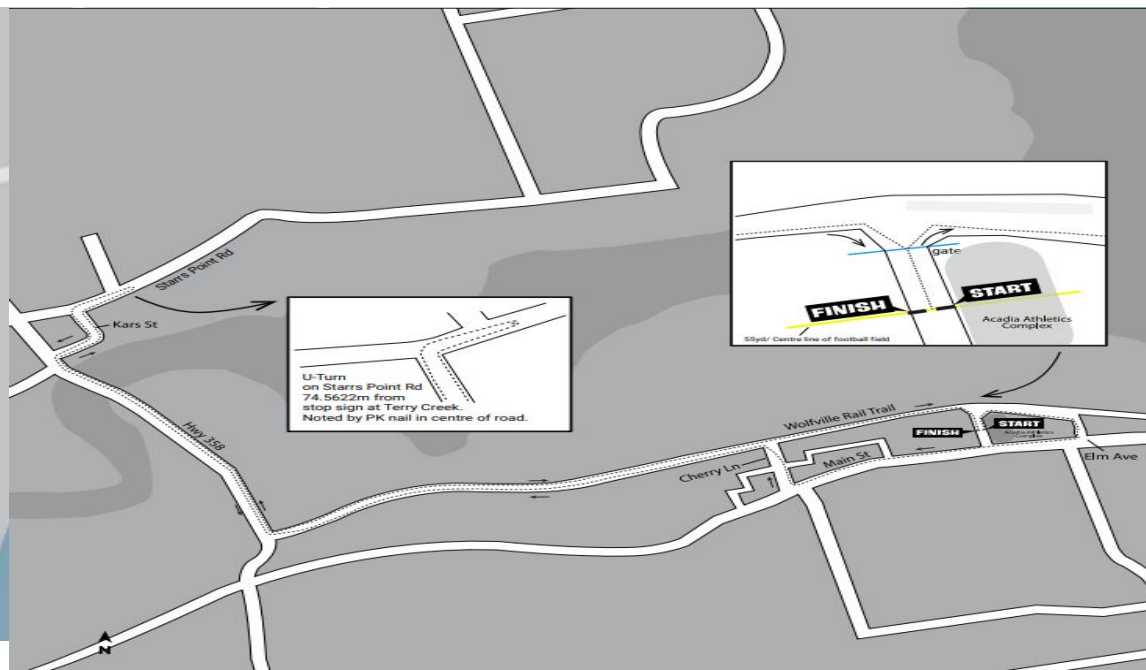
Date

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





10KM ROUTE



The Route:

The start line is on the middle of the track aligned with the 55yd (center line of Raymond Field). The participants start on the track and run out through the North gate turning right onto the road. Proceed East taking a right onto Elm Avenue, then a right onto Main Street. Heading North on Main, participants take a right onto Cherry Lane then left onto the Rail Trail.

Where the Rail Trail intersects HWY 358, they take a right onto HWY 358. Participants will run on the right-hand shoulder of the road (with traffic), this is to prevent crossing the road from the trail exit and then crossing again at Kars Street. Participants continue on HWY 358 North to Port Williams.

Once in Port Williams, they take a right on Kars Street and turn right onto Starrs Point Road. They will then turn around on Starrs Point Road at U-turn indicated heading back to Kars Street. At the intersect of Hwy 358 and Kars Street, they will turn left onto HWY 358 and here they will run against traffic.

Where HWY 358 and the Rail Trail intersect, they will turn left onto the Rail Trail. They will continue on the Rail Trail to the North gate of the track. At the North gate, they will turn right onto the track heading to the finish line. The Finish line is on the middle of the track aligned with the 55yd (center line of Raymond Field).



Athletics Canada Certified
NS-2023-069-BDC
 Certification Expires Dec 31/2032