



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 _____

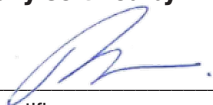
Official Notice

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



Signature of certifier

Paul T.B. Adams

Date

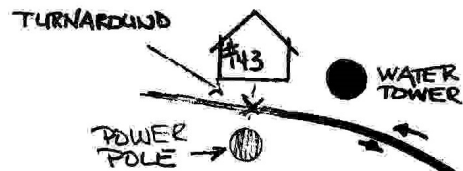
Any inquiries regarding this certificate should be directed to coursemeasurement@athletics.ca



UlnooweG Summer Solstice Run 5K

Millbrook, Nova Scotia First Nations Reserve

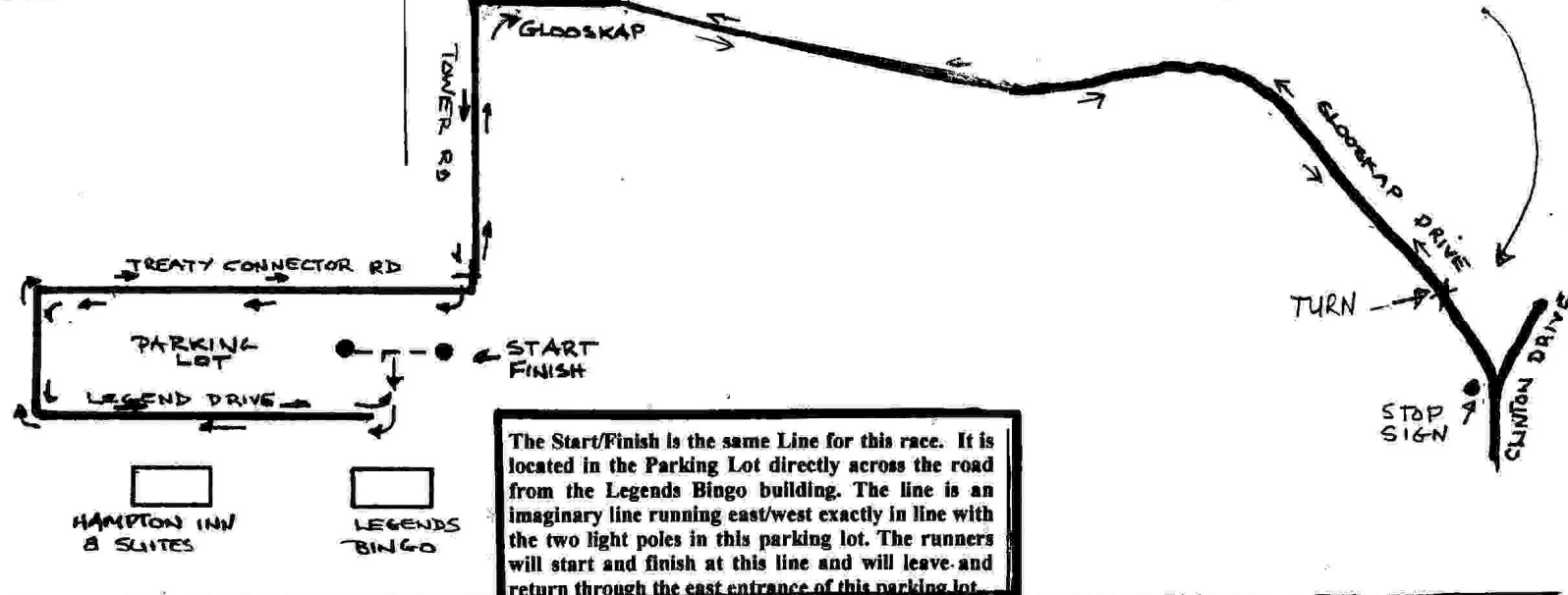
Athletics Canada Certified
NS-2023-011-PTBA
Certification Expires 2032-12-31



Restrictions: On the outbound and inbound directions on Tower Rd and Glooscap Drive the runners will be restricted to running on the right side of the road to and from the Tower Rd turnaround. Pylons will be placed to divide the road. In the section that includes outbound and inbound directions at the start/finish, Legend Drive, Chief Joseph Julien Ct and Treaty Connector Rd there are no restrictions and no vehicular traffic.

The Tower Rd turnaround lies in the center of Tower Rd on an imaginary line that runs perpendicularly out from a power pole that is directly across the road from the front fence of residence with civic address #143 Tower Rd.

Turnaround on Glooscap Drive Approaching Clinton Drive. As the runners approach the intersection of Glooscap Dr and Clinton Dr they will turn and head back Glooscap. There is a stop sign at the intersection. The turnaround point is in the **center** of Glooscap Drive exactly 13 meters measured back from the wooden post of the stop sign



The Start/Finish is the same Line for this race. It is located in the Parking Lot directly across the road from the Legends Bingo building. The line is an imaginary line running east/west exactly in line with the two light poles in this parking lot. The runners will start and finish at this line and will leave and return through the east entrance of this parking lot.

Course Description The Course is closed to vehicular traffic and the runners run a large portion of the race on the right side of the roads. There will be pylons separating the inbound and outbound runners. Where pylons will not be placed the SPD distance was measured. The participants start in the parking lot across the road from the Legends Bingo building. They run out the east driveway and turn right on Legend Drive, right on Chief Joseph Julien Drive then right onto Treaty Connector Road and left onto to Tower Road where they move over to the right side. They then turn right onto Glooscap Drive and run to the turnaround just short of the Clinton Drive intersection. They turn at the turn and head back Glooscap and are turned right onto Tower Road where they run out to the turnaround in front of civic address #143 Tower Road. They then run back down Tower Road, turn right onto Treaty Connector Rd, left on Chief Joseph Julien Court, left onto Legend Drive and left into the driveway and to the Finish line