



# 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

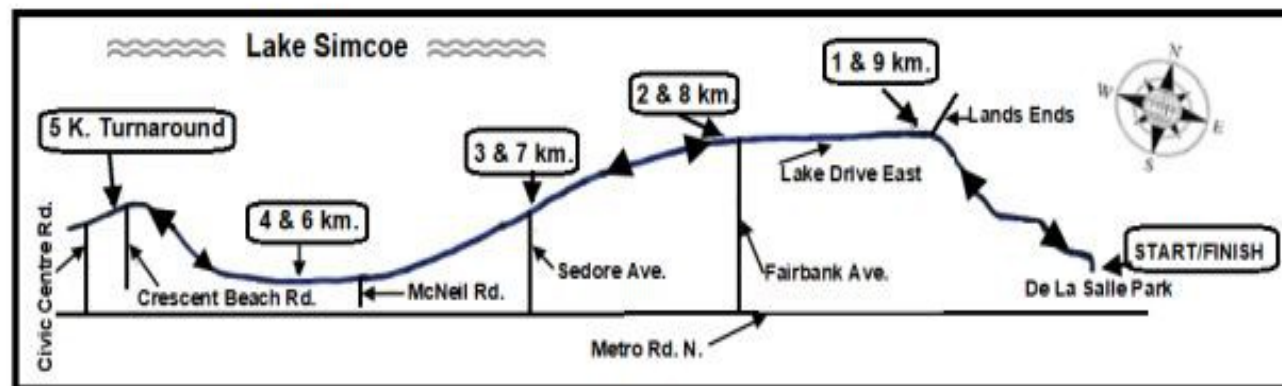
Signature of certifier

Date

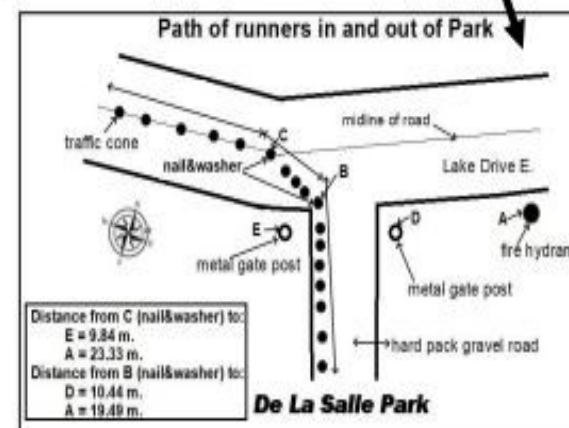
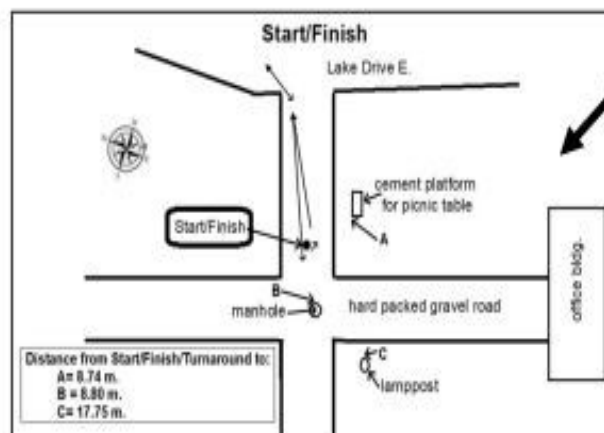
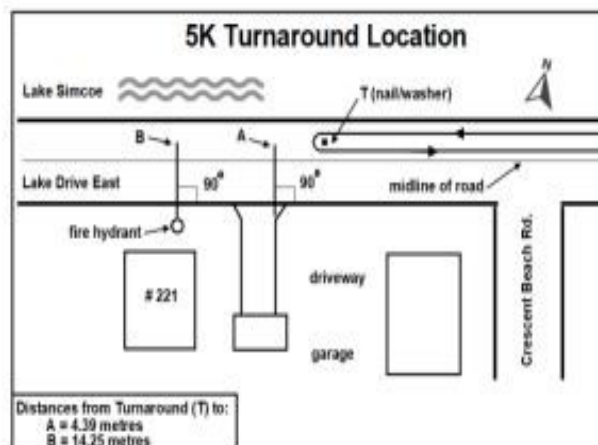
Any inquiries regarding this certificate should be directed to [coursemeasurement@athletics.ca](mailto:coursemeasurement@athletics.ca)



# Georgina Spring Fling 10K route – Saturday May 6, 2023



**NOTE – runners restricted to use the entire westbound lane of Lake Dr, (out & back) which they enter to, and leave from, the centre road in De La Salle Park – cones are used to separate the westbound and eastbound lanes**



## Split Locations of the Georgina Spring Fling 10K

**Start and Finish** - in De La Salle Park about 35 metres south of Lake Drive East

**1 and 9 km.** - on Lake Drive East – 24 metres east of east edge of driveway to property #678

**2 and 8 km.** - on Lake Drive East – 1 metre east of manhole – 7 metres east of west edge of driveway to property #563

**3 and 7 km.** - on Lake Drive East – 9 metres east of Sedore Ave. – by base of hydro pole

**4 and 6 km.** - on Lake Drive East – 6 metres east of gate to property #329 (on south side of road)

**5 km. (Turnaround)** – on Lake Drive East – marked by nail and washer - metres west of Crescent Beach Rd. – 4.39 metres east of driveway to property #221, in line with east edge of driveway extending from garage

Athletics Canada Certified  
**ON-2023-001-BDC**  
Certification Expires Dec 31/2032





De La Salle Park – north entrance. Lake Drive east – key cone placements

Looking south Start/Finish



**1 & 9 Km.**



**2 & 8 Km.**



**3 & 7 Km.**



**5 Km. Turnaround – looking north**



Looking southeast



**4 & 6 Km.**



**5 Km. Turnaround – looking south**



Looking northwest





## Georgina Spring Fling 10K Route Description

### The OUT and BACK Route:

**Start** – is on the centre hard packed gravel road inside De La Salle Park about 35 metres south of Lake Dr. East – from here runners run north using entire road to

**Lake Drive East** – and turn west (left) across the eastbound lane in to the westbound lane and run west on this road to

**Lake Drive North** – continuing in the westbound lane and then staying on this road until it turns south just before crossing Metro Rd. – continuing on the southbound lane to

**Turnaround** – in front of driveway for property #712 and going around the Turnaround cone which is 28 metres west of Crescent Beach Rd. and then returning to

**Start/Finish** in De La Salle Park

**NOTE – going out and back from DeLa Salle Park, the runners have full use of the westbound lane of Lake Drive East with cones placed on the midline of the road to separate the eastbound lane from the westbound lane.**

## Split Locations of the Georgina Spring Fling 10K

**Start and Finish** - in De La Salle Park about 35 metres south of Lake Drive East

**1 and 9 km.** - on Lake Drive East – 24 metres east of east edge of driveway to property #678

**2 and 8 km.** - on Lake Drive East – 1 metre east of manhole – 7 metres east of west edge of driveway to property #563

**3 and 7 km.** - on Lake Drive East – 9 metres east of Sedore Ave. – by base of hydro pole

**4 and 6 km.** - on Lake Drive East – 6 metres east of gate to property #329 (on south side of road)

**5 km. (Turnaround)** – on Lake Drive East – marked by nail and washer - 30 metres west of Crescent Beach Rd. – 4.39 metres east of driveway to property #221, in line with east edge of driveway extending from garage