



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course Embrace Winter 2023 - Marathon
Certificate number ON-2023-001-DRY Distance 42.195 km Race date Feb. 19, 2023
City Ottawa Province ON
Race contact name Adam Kourakis Race contact email adam@somersault.ca

Course Information

Start elevation 55 m Finish elevation 55 m
Elevation change (m/km) 0 m/km Percent separation 0%

Measurer Information

Measurer name Adam Kourakis
Measurement date December 15, 2022 Expiry date December 31, 2032


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

January 4, 2023
Date

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



Embrace Winter Course Map

Feb 19th, 2023

MARATHON

8 loops

Athletics Canada Certified

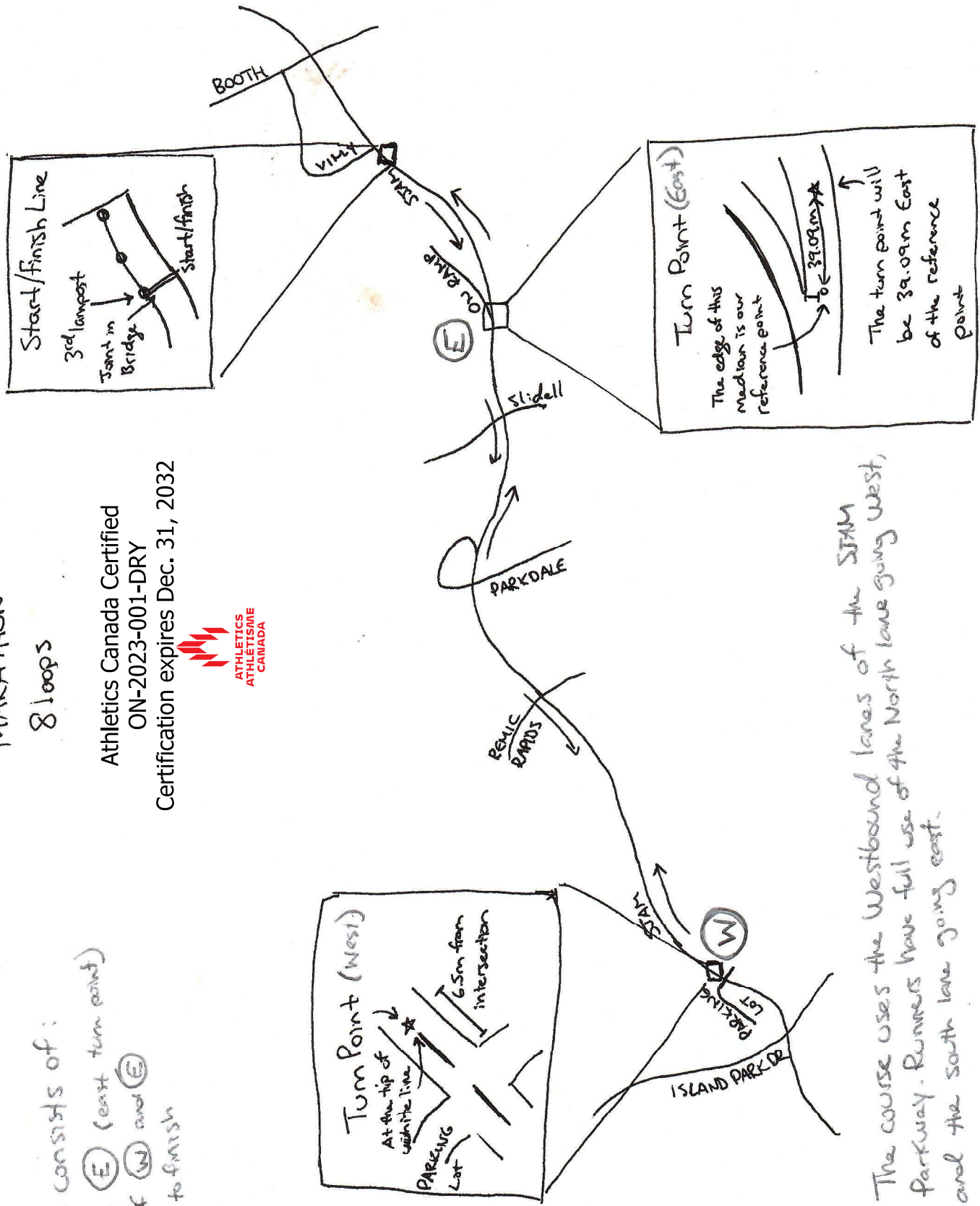
ON-2023-001-DRY

Certification expires Dec. 31, 2032



Marathon consists of:

- Start to **(E)** (east turn point)
- 8 loops of **(W)** and **(E)**
- from **(E)** to finish



Note: The course uses the westbound lanes of the STAM Parkway. Runners have full use of the North lane going west, and the south lane going east.