



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



Sporting Life 10K – May 14, 2023



Route Description of the 2023 Sporting Life 10K

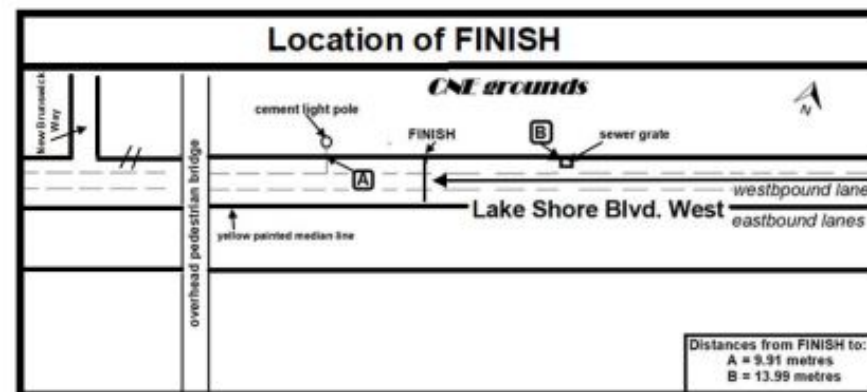
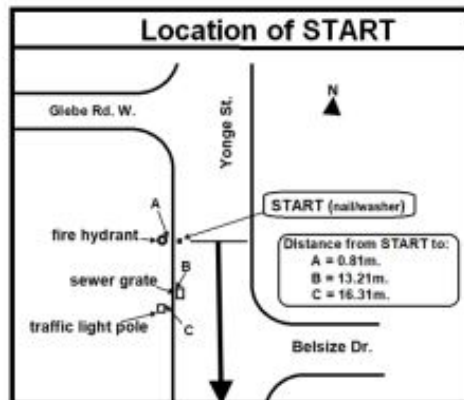
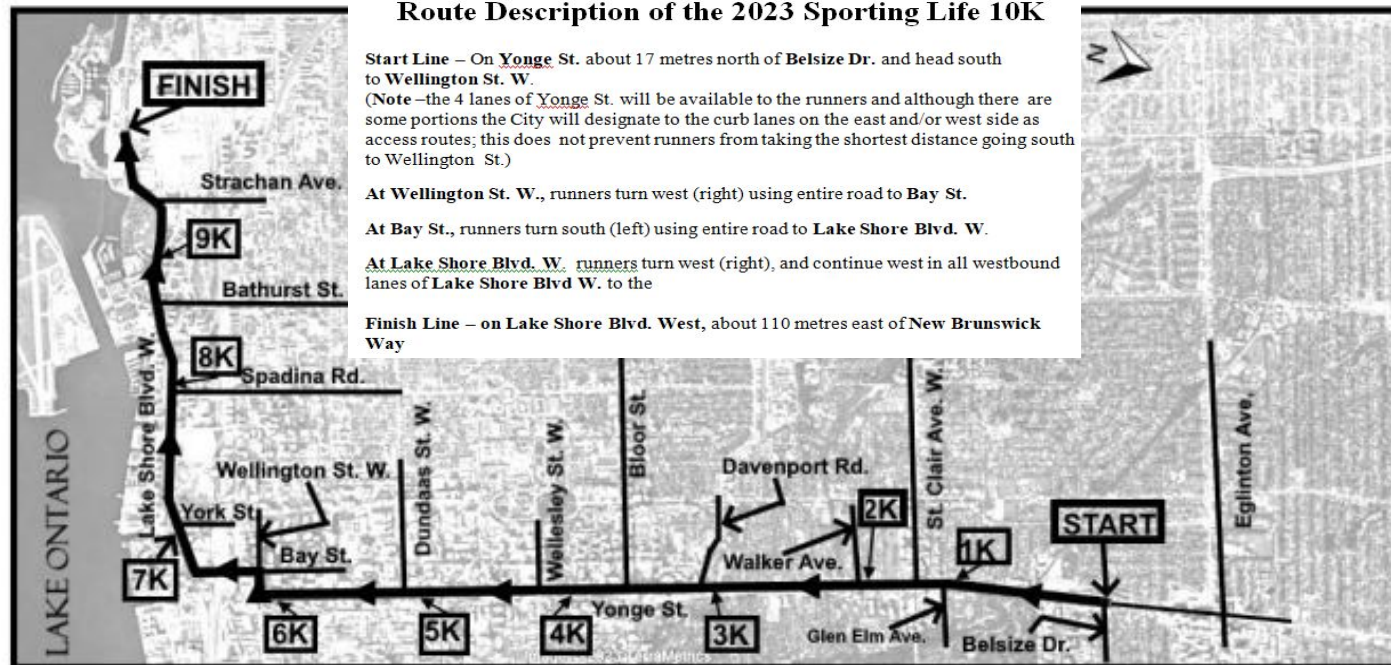
Start Line – On Yonge St. about 17 metres north of Belsize Dr. and head south to Wellington St. W.
 (Note – the 4 lanes of Yonge St. will be available to the runners and although there are some portions the City will designate to the curb lanes on the east and/or west side as access routes; this does not prevent runners from taking the shortest distance going south to Wellington St.)

At Wellington St. W., runners turn west (right) using entire road to Bay St.

At Bay St., runners turn south (left) using entire road to Lake Shore Blvd. W.

At Lake Shore Blvd. W. runners turn west (right), and continue west in all westbound lanes of Lake Shore Blvd W. to the

Finish Line – on Lake Shore Blvd. West, about 110 metres east of New Brunswick Way



Split Locations – 2023 Sporting Life 10K

START – on Yonge St. about 17 metres north of Belsize Dr. (see Schematic)

1K – on Yonge St. – just south of Glen Elm Ave. – by pole #502 – 7 metres south of manhole

2K – on Yonge St. – 10 metres north of Walker Ave. – by pole #408

3K – on Yonge St. – north of Church across from 885 Yonge St. – in line with #920 Yonge St.

4K – on Yonge St. – south of St. Joseph St. – 5 metres north of door to 604 Yonge St.

5K – on Yonge St. – 5 metres north of Edward Street

6K – on Yonge St. – 1 metres south of south curb of Melinda St.

7K – on Lake Shore Blvd. W. – 5 metres east of east curb of York St.

8K – on Lake Shore Blvd. W. – west of Spadina flyover – 12 metres east of pole #76 on the south side = pole #86 on north side

9K – on Lake Shore Blvd. W. – west of Fleet Street – 6 metres west of west side of Bastion St. Bus Shelter

FINISH – on Lake Shore Blvd. W. – about 110 metres east of New Brunswick Way – about 19 metres east of east side of overhead pedestrian bridge – 9.91 metres east of cement street pole (see Schematic)