



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course Heart Lake Run 5 km
Certificate number ON-2023-010-DRY Distance 5 km Race date June 24, 2023
City Brampton Province ON
Race contact name Ephraim Mwaura Race contact email ephraim@heartlakerun.org

Course Information

Start elevation 200.5 m Finish elevation 200.5 m
Elevation change (m/km) 0.0 m/km Percent separation 0%

Measurer Information

Measurer name Bernard Conway measurer@rogers.com 519-641-6889
Measurement date May 14, 2023 Expiry date Dec 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

 June 2, 2022
Signature of certifier Date

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



5K ROUTE MAP

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ON-2023-010-DRY
Certification expires Dec 31, 2032
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Costco Wholesale

2.5 KM WATER POINT

Courtyard by Marriott

Mandarin

From Start runners use right lane except on Biscayne Crescent where they run the spr (shortest possible route)

Towards Finish runners run in the adjacent lane heading south in north-bound lane of First Gulf Blvd. And heading east in the west-bound lane of Kennedy Rd. S

On return between west exit and east entrance to Biscayne Crescent Runners use spr of 2 west bound lanes as they head east



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Brampton Rugby Union Football

Start/Finish Assembly Point

HEART LAKE RUN

Zero Hunger | Environment | Climate Action



Peel Village Golf Course

Brampton Golf Club

Hartford Trail

Kennedy Road S

First Gulf Blvd

Biscayne Crescent

Plasidium

Steeles Avenue

Rutherford Rd S

Walmart Supermarket

Low Home Improvement

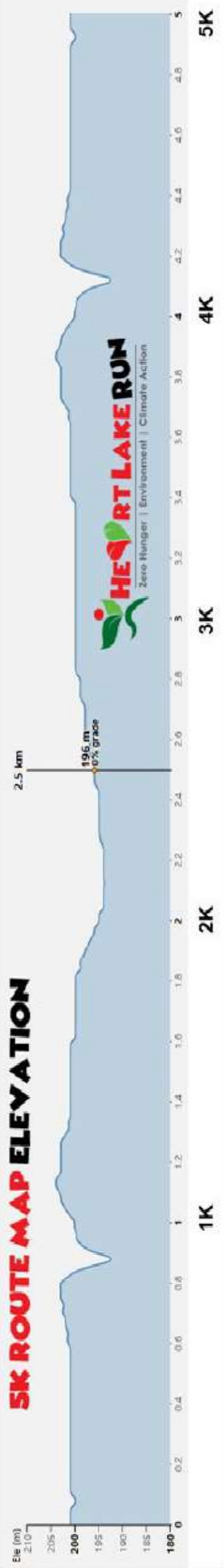
CAA Centre

407

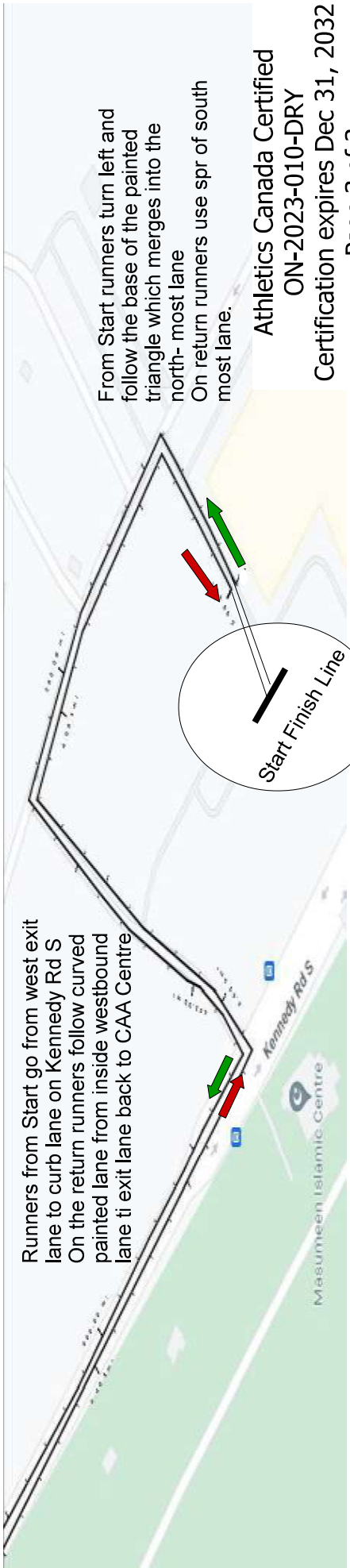
HEART LAKE RUN

Zero Hunger | Environment | Climate Action

5K ROUTE MAP ELEVATION



Runners from Start go from west exit lane to curb lane on Kennedy Rd S
On the return runners follow curved painted lane from inside westbound lane to exit lane back to CAA Centre



From Start runners turn left and follow the base of the painted triangle which merges into the north- most lane
On return runners use spr of south most lane.

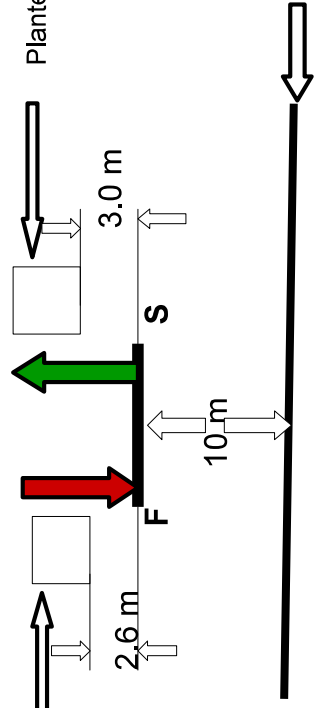
Start Finish Line

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Start-Finish Area

- 0.5 km – on Kennedy Rd S 13 m NW of NW curb of exit from CAA Centre.
- 1 km – 68 m SE of traffic lights on Kennedy Rd S
- 2 km – 2 m W of W side of GLS Building on Biscayne Crescent
- 2.5 km – 23 m SE of sign for Chlorox/Schenker on Biscayne Crescent
- 3 km – 10 m S of fire hydrant in front of Emco on First Gulf Blvd.
- 4 km – 65 m SE of traffic lights on Kennedy Rd S



South side of parking lot adjacent to Kennedy Rd S