



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



Springbank 20k Course



Runners start at the wooden post just east of Flint Shelter, and head west, they continue to follow the bike path around the west end of the park and down past the dam, continue up the hill and keep to the right along the middle road and turn right along Flint land back through the start line. Continue around the park for a second time, past the dam and stay along the river, exit Springbank park along the pathway towards Wonderland Gardens. At Wonderland Gardens stay to the left along the river and down below the pavillion. Follow the path under Wonderland Road, towards Greenway Park, at the Saturn Playground stay to the left along the river past the pollution plant and continue towards the Greg Curnoe tunnel. Turn left through the tunnel, take the next right past the basketball court. turn left on Riverview and follow the road to the top of the hill, exit onto the bike path at the left side of the road behind the Children's Museum. Continue to follow the path under Wharncliffe Rd to the Prevost, turn left and cross the King St walk bridge, once across the bridge stay to the left following the bike path along the river, follow the path under Queens Ave and into Harris Park. Turn around at the marked location and return as you came back to Springbank Park. Follow the path down past the dam and up the hill. The finish is located 90.4m east of the concrete stairs to Boler rd.



* After exiting the Greg Curnoe Tunnel head north on bikepath then left onto Riverview Ave to the bikepath by the Children's Museum. Follow the bikepath to the King St Pedestrian Bridge by Provost.