



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 _____ Percent separation _____

Measurer Information

Measurer name _____
Measurement date _____ Expiry date _____

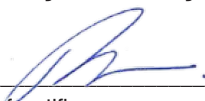
Official Notice

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, 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

 Paul T.B. Adams
Signature of certifier _____ Date _____

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





STEP UP FOR MENTAL HEALTH

5K COURSE

The race is point-to-point, starting on St. Henry Ave just west of the Prairie Land Park parking lot, and finishing on Spadina Cres. directly in front of 728 Spadina Cres E. Athletes have full use of road from start until 23rd ST. E. where 5k athletes will then stay to the right and turn right on Spadina Cres E. to go towards the finish line.

23RD ST./ SPADINA
 ↗ 10K
 ↖ 5K

FINISH LINE



Finish line in line directly with right side handrail of 728 Spadina Cres E.



Startline on St Henry Ave. south of Ruth Street. Between the two west access points to the Prairie Land Park parking lot is a green light post. The start line is 2.05m north of this light post. A nail is in the middle of the road 2.05m north of the light post then 7.83m to the west.