



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 _____

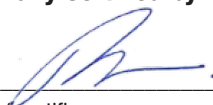
Official Notice

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

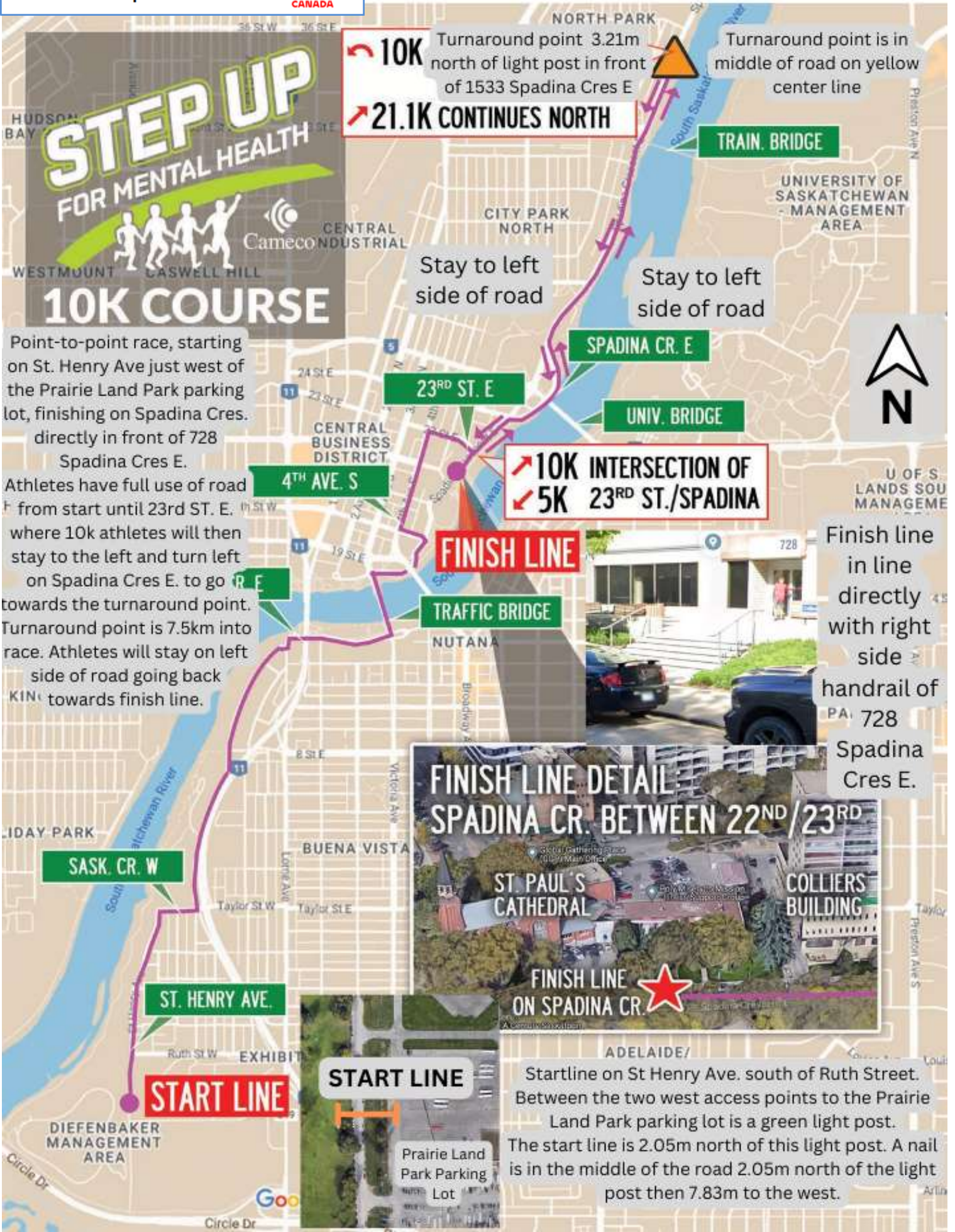
In the event a **National Open Record** is set on this course, or at the discretion of **Athletics Canada**, a validation remeasurement may be required to be performed by a qualified measurer. If such a remeasurement shows the course to be short, then all pending records will be rejected and the course 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 10K COURSE

Point-to-point race, starting on St. Henry Ave just west of the Prairie Land Park parking lot, 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 10k athletes will then stay to the left and turn left on Spadina Cres E. to go towards the turnaround point. Turnaround point is 7.5km into race. Athletes will stay on left side of road going back towards finish line.

10K Turnaround point 3.21m north of light post in front of 1533 Spadina Cres E

21.1K CONTINUES NORTH

Turnaround point is in middle of road on yellow center line

10K INTERSECTION OF 23RD ST./SPADINA

5K

FINISH LINE

Finish line in line directly with right side handrail of PA 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.