



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course The Running Journey 10 Km
Certificate number MB-2024-017-DRY Distance 10 km Race date April 6, 2025
City Winnipeg Province MB
Race contact name Kathy Wiens Race contact email office@mraweb.ca

Course Information

Start elevation 233 m Finish elevation 233 m
Elevation change (m/km) 0 m/km Percent separation 0%

Measurer Information

Measurer name Murray Rose mvrose@shaw.ca
Measurement date May 20, 2024 Expiry date December 31, 2034

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

Signature of certifier

August 28, 2024

Date

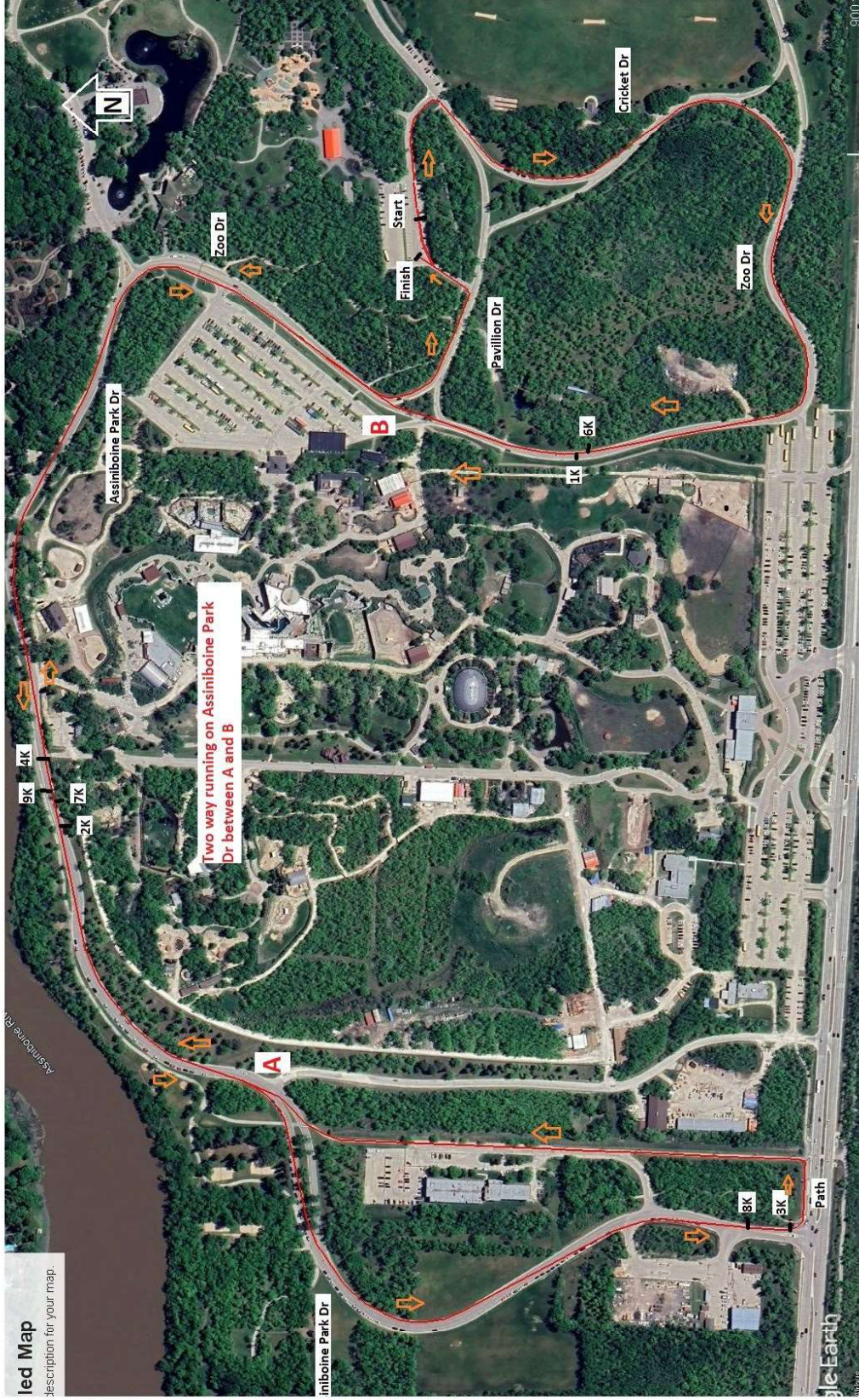
Any inquires regarding this certificate should be directed to coursemeasurement@athletics.ca



The Running Journey 10 Km

Assiniboine Park
Winnipeg MB

Athletics Canada Certified
MB-2024-017-DRY
Certification expires Dec 31, 2024



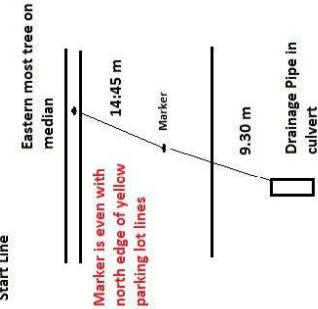
Course Description:

- Entire course is SPR
- 10 Km is two loops of course
- Start east bound in parking lot
- Veer right through parking lot entrance (SE)
- Turn right at Pavilion Dr (West)
- Turn left onto Cricket Dr (South)
- Turn right at Zoo Dr (West then North)
- Turn left at Assiniboine Park Dr and continue to park exit (West then South)
- Turn left onto Bike Path (East)
- Turn left at Path intersection (North)
- Turn right onto Assiniboine Park Dr (NE, East)
- Turn right at Zoo Dr (South)
- Turn left at Pavilion Dr (East)
- Start second lap which is same as first.
- Enter parking lot at end of second lap and proceed straight to Finish Line (NE)

Km Splits:

- 1K: 35 m North of no parking sign
- 2K: 47.5 m west of corner fence post at Gate 7
- 3K: 6.5 m South of concrete pillar at park exit
- 4K: 4 m West of 30 Km sign
- 5K: 15.93 m NW of drainage pipe in culvert (5 Km start)
- 6K: 14 m North of no parking sign
- 7K: 26 m West of corner fence post at Gate 7
- 8K: 14 m North of concrete pillar at park exit
- 9K: 10 m West of east edge of Gate 7

Start Line



Finish Line: At Parking lot exit

