



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



KM 4 - Turnaround Point: City Park

GPS: 49.882465N 119.503500W. 346m ASL

The turnaround point (TA) is marked with a nail in the middle of pathway and is 2.1m from the west side of the path and 1.85m from the east side of the path.

1. LP - West edge of base of black metal light pole (labelled CP-80029) on east side of pathway. The nearest edge of base of light pole is 3.23m to east of the nail of TA.
2. CC - The corner where the concrete curve defining north end of the sand beach volleyball courts meets west side of pathway. From this corner it is 4.43m to the nail at TA to the SE.
3. VB - East wooden Post for net for the NE beach volleyball court. Post is 0.15m W x 0.15m L x 2.5m H. NE edge of post is 10.54m to SW of the nail at TA.
4. BB - Black metal bench on east side of pathway. Bench is 0.56m W x 1.78m L x 0.79m H. The NW edge of base of bench is 10.80m to the SE of the nail at TA.



Midsummer 8k Course Certification Map

Prepared by Joshua Wyatt and David Guss on 23rd June 2025

General Points of Note:

1. Roadways will not be closed during this event.
2. This is an out and back course and runners will be running along the west side of the road in both directions.
3. The majority of the course runs along a defined cycle lane so this will constitute the majority of the route.
4. Where cycle lanes are not defined, runners will keep to the west side of the road, with cones to define the pathway where necessary. The areas where this is required are defined on the map along with positioning of the cones.

Bridge over Mill Creek
Small bridge is a potential busy area for runners. Marshall and extra signage to warn other pathway users.

KM3 / KM5
49.876363N 119.496931W
348m ASL
Marked by nail in pathway w/ red paint

Abbott St. by Strathcona Park
Water station on west side of pathway at 2.5km

Abbott St. and Christleton Ave.
Roadway narrows significantly but there is a designated cycle lane. Runners to stay in the cycle lane on the west side of the road.

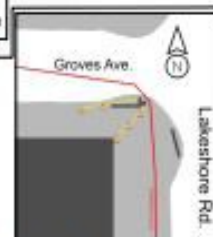
Abbott St. and Wardlaw
Wide bend. Cones required to keep runners in designated bike path on west side of roadway and out of traffic lane.



Turn onto Abbott St.
Runners to turn from Groves onto Abbott St. to enter bicycle lane on West side of roadway. Marshalls to be present to direct runners on the correct route.

KM2 / KM6
49.8686407N 119.493692W
348m ASL
Marked by nail in road w/ red paint

Turn onto Groves Ave.
Runners to turn from Lakeshore onto Groves Ave. Cones and flagging tape to be placed as shown on map to ensure that runners follow the course as measured.



KM1 / KM7
49.862501N 119.491459W
348m ASL
Marked by nail in path w/ red paint

Lakeshore Rd. and KLO Rd.
Traffic control to be in attendance. Traffic signals will be dark. Runners transition to sidewalk after intersection.

Lakeshore Road
The route follows the bike lane on the West side of Lakeshore road. Cones to be placed between the bike lane and the traffic lane to direct runners and to ensure that they do not enter the traffic lane and vice-versa.

Athletics Canada Certified
BC-2025-017-BDC
Certification Expires Dec 31/2034



Start/Finish: Gyro Beach (3400 Lakeshore Road)

GPS: 49.854142°N, 119.490309°W. 348m

Start/Finish line spans the main pathway through Gyro beach. It is marked by nails on either side of the pathway:

1. PB - SW corner of the most southerly of 3 concrete tree planter boxes. Planter box is 1.5m W x 1.5m L x 0.2m H. Distance from SW corner of box to nail on east side of path at start/finish line is 1.03m.
2. The distance between the west and east nails in path at start/finish line is 4.67m.
3. GC - Black metal garbage can holder is 5.65m south of the nail on east side of path at the start/finish line. The garbage can is 0.6m OD and 0.9m HT.

