



# 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 inquiries regarding this certificate should be directed to [coursemeasurement@athletics.ca](mailto:coursemeasurement@athletics.ca)



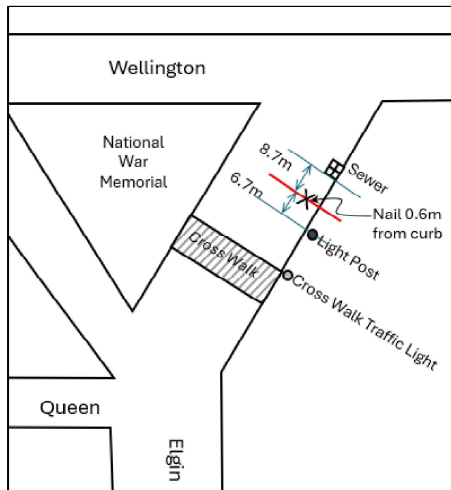


# 2025 CAR 10K

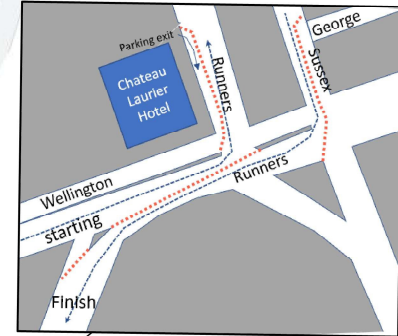
### Notes:

- Runners have entire road surface unless noted

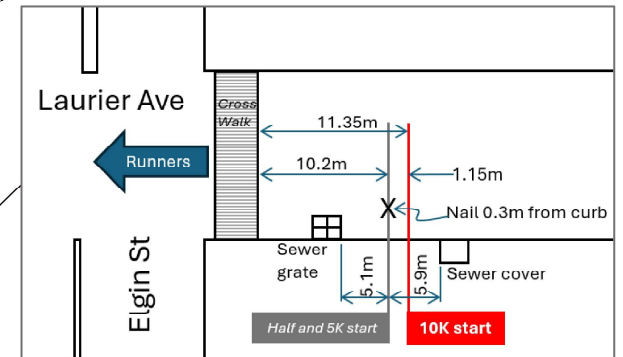
### Finish Line Detail



### Rideau/Sussex detail



### Start Line Detail



Athletics Canada Certified  
ON-2022-044a-PTBA  
Certification Expires 2031-12-31



John Halvorsen  
613-447-9106  
Sep 1, 2025

