



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



RUN TO EMPOWER – 2025
5 KM

Start Ash Ln – W side approx. 105m N of Cow Ln. See detail.

1 km Morningside Ln – W side 5.8m S of black "Caution Coyotes" sign. Just S of road to Prince of Wales Dr.

2 km Ash Ln – E side 5.8m N of 5th tree on W side N of McCooey Ln.

3 km Cow Ln – S side 9.8m W of stop sign at Morningside Ln.

4 km Morningside Ln – N side 51.5m E of 30 km/h sign. In line with the green building located between two yellow buildings across the field to the N.

5 km– same as START.

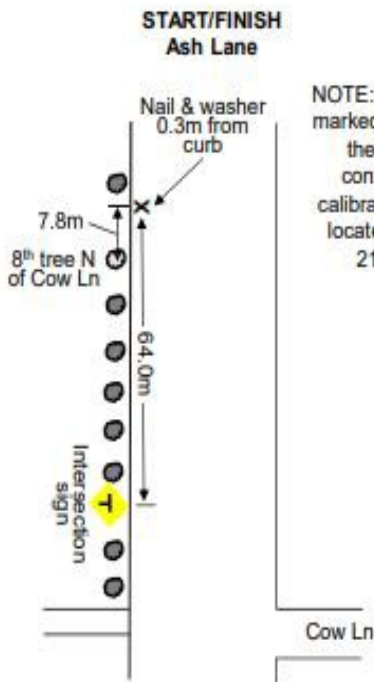
Note: Runners use entire roadway on Ash, Cow and Morningside Lanes.

Race consists of: Start to Cow Ln; 2 loops of Cow, Morningside and Ash Lanes; and then continue on Ash Ln to Finish.

Athletics Canada Certified

ON-2025-003-BDC

Certification Expires Dec 31/2034



NOTE: The start/finish is marked on the W side of the road to avoid confusion with the calibration course mark located on the E side 21.3m to the S



Measurement and Map
Dave Yaeger
dave.yaeger1@gmail.com
March 2025