



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

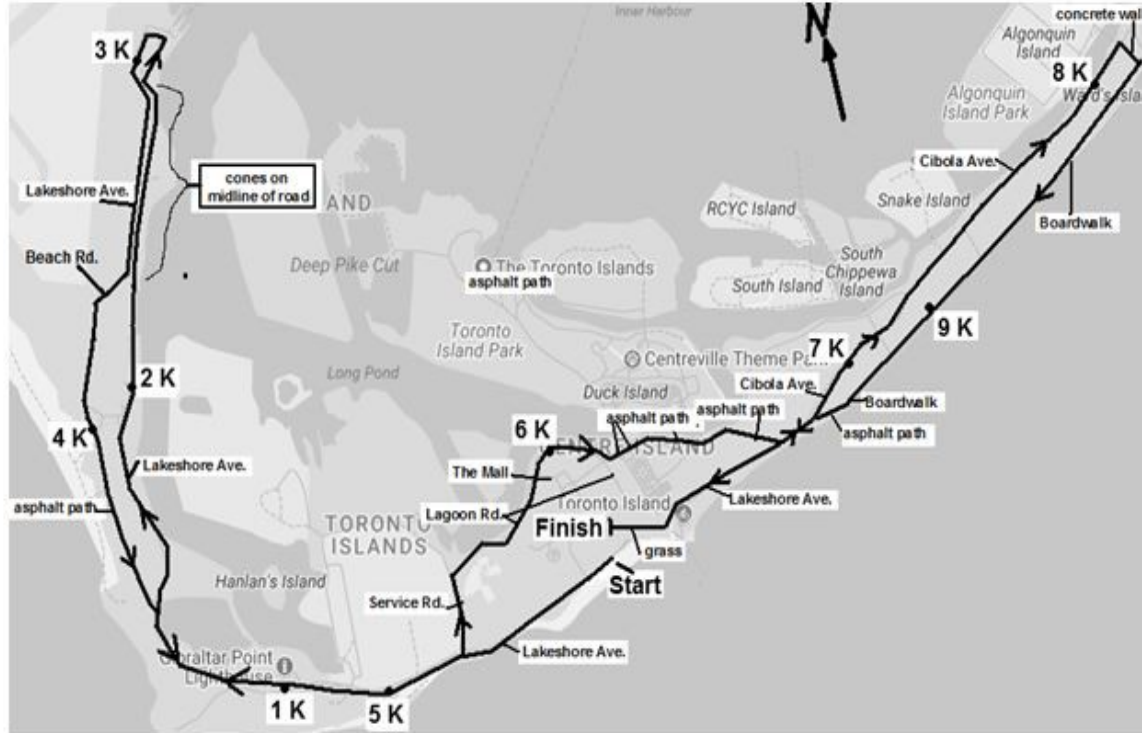
Date

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

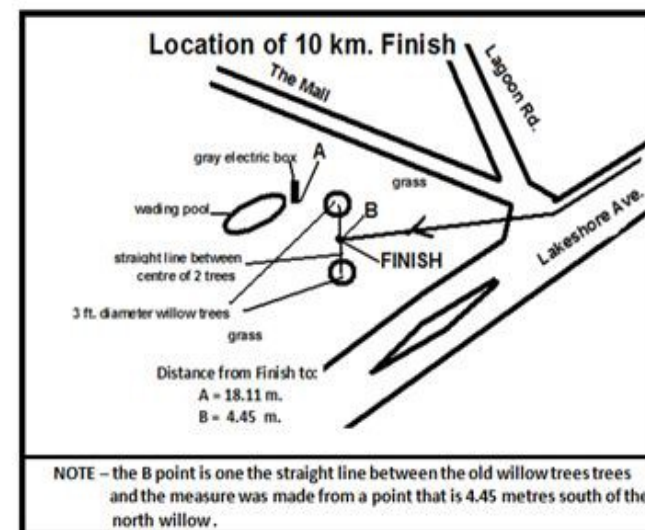
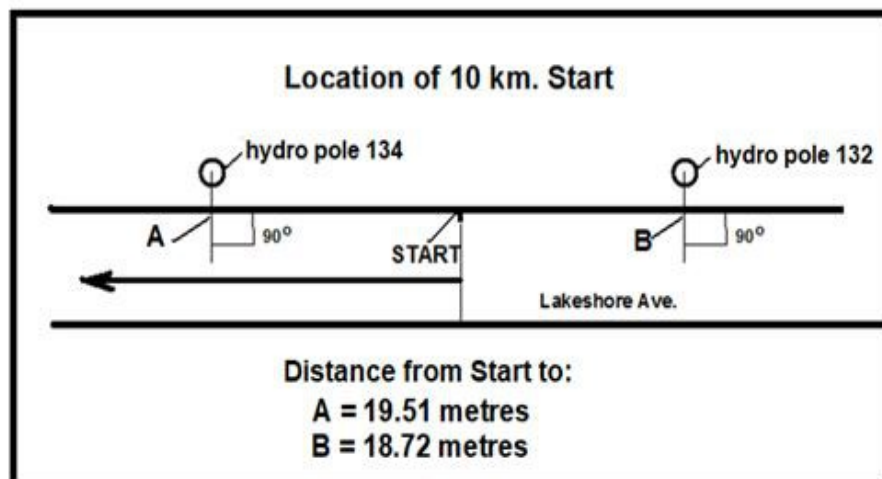


Longboat Roadrunners Toronto Island Run 10K – Sunday September 7, 2025

Map page 1 of 2



Athletics Canada Certified
ON-2025-020-BDC
Certification Expires Dec 31/2034



Route Description of the Longboat Toronto Island Run 10K

- START - on Lakeshore Ave, go west then north using entire road except going to the left of the median by the Arts Centre, and going to the right of the median at the 2 km. point, and then at the intersection of the newly installed Beach Rd. asphalt path staying in the northbound lane until the south end of the Hanlan's Point n
- then staying on Lakeshore Ave. and going to the right and continuing around the roundabout in a counter clockwise direction and then south on
- Lakeshore using the southbound lane to
- Beach Rd. asphalt path (recently constructed) - turning to the right and going south using entire path to the
- Lakeshore Ave. - turn right and head south and then east using entire road to the
- Service Rd. - turn left and use entire road to
- Lagoon Rd. - turn right and go east then south to the
- asphalt path due west of to the Avenue of the Island fountain, and turn left and continue east passing on the south side of the fountain and on to he
- asphalt path which turns east beside the Lagoon and continuing east to
- asphalt pathway that goes to the right that is about about 150 metres west of the historical church and turn right and go to
- Lakeshore Rd. - then turn left and go east which becomes
- Cibola Ave. - continue east to
- Algonquin Bridge Rd. - turn south on to concrete walk and go south to
- the Boardwalk and turn west (right) and go west to end of the board walk on to
- asphalt path and continue west on path to
- Lakeshore Ave. - and go west using entire road to the intersection of
- The Mall & Lagoon Rd. & Lakeshore Ave. and turn off Lakeshore going slightly northwest across the 57 metres of grass to the
- FINISH - between the 2 approximately 100 year old willow trees.

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ON-2025-020-BDC

Split Locations of the Longboat Toronto Island Run 10K

Start - on Lakeshore Ave. - 19.51 metres east of hydro pole #134

1 km. - on Lakeshore Ave. - 12 metres west of hydro pole #185

2 km. - on Lakeshore Ave. - on east side of median (just east of tennis courts) - 4 metres south of large boulder

3 km. - on Lakeshore Av, - the west side of the Hanlan's roundabout - 12 metres north of cement curb

4 km. - on asphalt path at junction of side half circle asphalt path, that leads towards the cafe (about 100 metres south of where tennis courts were located) - 5 metres north of lamp post

5 km. - by Art Centre - 1 metres east of yellow fire hydrant in median

6 km. - on Lagoon Rd. about 35 metres east of The Mall road - 3 metres east of Lifeguard post

7 km. - on Cibola Ave. - 12 metres east of hydro pole # 87

8 km. - on Cibola Ave. - 11.5 metres west of hydro pole # 32

9 km. - on Boardwalk - by 10 metre long 3 foot high stone wall on north side - 6 metres west of east end of wall.

Finish - on grass - on straight line between 100+ year old willow trees - 57 metres west of The Mall road