



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

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|--|--|--------------------------------|
| Name of the course <u>Tough Track 5 km</u> | | |
| Certificate number <u>MB-2026-007-LJJL</u> | Distance <u>5 km</u> | Race date <u>June 28, 2026</u> |
| City <u>Winnipeg</u> | Province <u>Manitoba</u> | |
| Race contact name <u>Andy Tough</u> | Race contact email <u>toughtrack11@shaw.ca</u> | |

Course Information

| | |
|---------------------------------|-------------------------------|
| Start elevation <u>233 m</u> | Finish elevation <u>233 m</u> |
| Elevation change. <u>0 m/km</u> | Percent separation <u>10%</u> |

Measurer Information

| | |
|--|--------------------------------------|
| Measurer name <u>Murray Rose, mvrose@shaw.ca</u> | |
| Measurement date <u>May 30, 2026</u> | Expiry date <u>December 31, 2035</u> |

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

| | |
|------------------------|---------------------|
| | <u>June 9, 2026</u> |
| Signature of certifier | Date |

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



Tough Track 5 Km

5 Km = 2.5 laps
Winnipeg, Mb



Athletics Canada Certified
MB-2026-007-LJJL
Certification Expires Dec 31, 2035



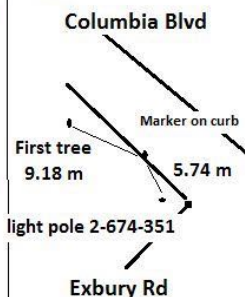
Course Description:

5 Km is 2.5 laps (1 lap +1.968 Km)
Start on Columbia just north of Exbury heading SE.
Continue on Columbia around 2 sweeping right turns heading to finish line.
Veer left and bypass finish following coned path.
Turn right at Scurfield (NE)
Turn right at Columbia to start line.
Complete another 1.5 laps with runners keeping right on the last lap to cross finish line

Km Splits:

1 Km: 14.3 m south of Maximum 30 sign
2 Km: 7.3 m North of Bus stop platform
3 Km: 2 m South of paved path
4 Km: 17.4 m south of Bus Stop platform

Start:



Finish:

