



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 _____

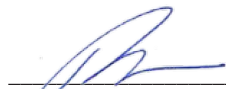
Official Notice

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.

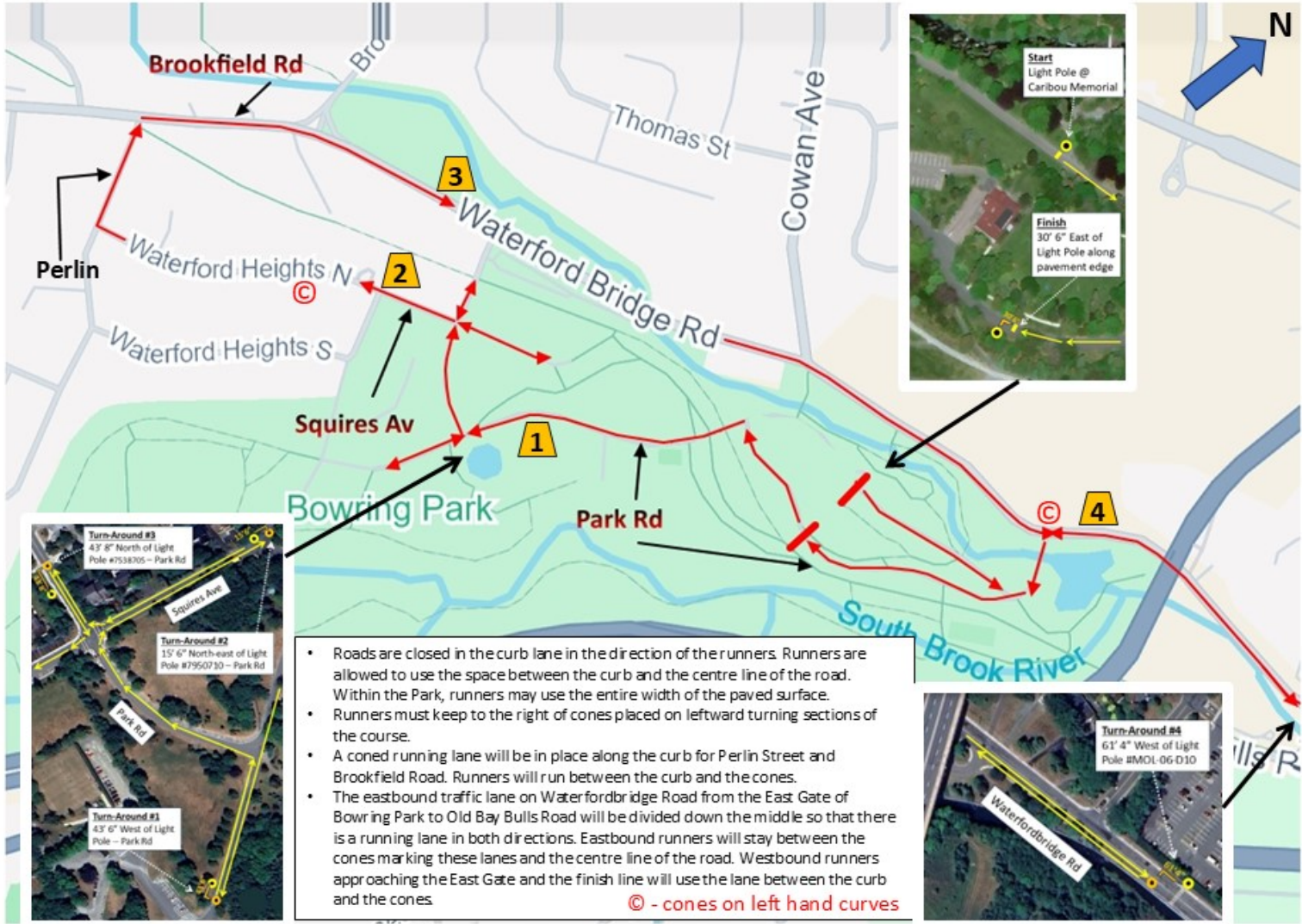
As Nationally Certified by

 Paul T.B. Adams _____
Signature of certifier _____ Date _____

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



Uniformed
 Services Run:
 5k



- Roads are closed in the curb lane in the direction of the runners. Runners are allowed to use the space between the curb and the centre line of the road. Within the Park, runners may use the entire width of the paved surface.
- Runners must keep to the right of cones placed on leftward turning sections of the course.
- A coned running lane will be in place along the curb for Perlin Street and Brookfield Road. Runners will run between the curb and the cones.
- The eastbound traffic lane on Waterfordbridge Road from the East Gate of Bowring Park to Old Bay Bulls Road will be divided down the middle so that there is a running lane in both directions. Eastbound runners will stay between the cones marking these lanes and the centre line of the road. Westbound runners approaching the East Gate and the finish line will use the lane between the curb and the cones