



*Athletics Canada/Run Canada*  
**Measurement Certificate**

Name of the course Empower 10 km Distance 10 km  
Location (city) Winnipeg (province) Manitoba  
Type of course: road race  calibration track Configuration: Out/Back  
Type of surface: paved 100 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %  
Elevation (meters above sea level) Start 230 m Finish 230 m Highest 235 m Lowest 230 m  
Straight line distance between start & finish 0 m Drop 0 m/km Separation 0 %  
Measured by (name, address, phone & e-mail) Murray Rose 309-290 Beliveau Road  
Winnipeg, MB, R2M 1T4 204-253-1934  
Race contact (name, address & phone) Diana Stevens 145 Pacific Ave.  
Winnipeg, MB, R3B 2Z6 204-925-5744  
Measuring Methods: bicycle  steel tape electronic distance meter  
Number of measurements of entire course: 2 Date(s) when course measured: Aug. 1/2012  
Race date: Sept. 16/2012 Course paperwork submission date: Aug. 14/2012  
Replaces: \_\_\_\_\_ (if applicable) Certification code: MB-2012-111-BDC

Notice to Race Director  
Use this Certification Code in *all* public  
announcements relating to your race.

***Be It Officially Noted That***

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/Run 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.

***This certification expires on December 31 in the year 2021***

**AS NATIONALLY CERTIFIED BY:**

*Bernard Conway* Date: Aug. 14/2012  
Bernard Conway - Athletics Canada/Run Canada National Certifier  
- IAAF/AIMS Grade A Measurer  
- USATF/RRTC Final Signatory

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EMPOWER 10 km (OUT AND BACK COURSE)

MB-2012-111-BDC

