



Athletics Canada/Run Canada
Measurement Certificate

Name of the course National Capital 10k Distance 10 km
Location (city) Ottawa (province) Ontario
Type of course: road race calibration track Configuration: Out/Back (2 laps)
Type of surface: paved 100 % dirt % gravel % grass % track %
Elevation (meters above sea level) Start 84 m Finish 84 m Highest 84 m Lowest 76 m
Straight line distance between start & finish 210 m Drop 0 m/km Separation 2.1 %
Measured by (name, address, phone & e-mail) Dave Yaeger 1254 Albany Drive
Ottawa, ON, K2C 2L5 613-738-4160 (5287)
Race contact (name, address & phone) Terry McKinty 411 Lefebvre Way
Ottawa, ON, K1E 2W5 613-834-0656
Measuring Methods: bicycle steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: July 13/2012
Race date: Aug. 4/2012 Course paperwork submission date: Aug. 8/2012
Replaces: (if applicable) Certification code: ON-2012-102-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. 9/2012
Bernard Conway - Athletics Canada/Run Canada National Certifier
- IAAF/AIMS Grade A Measurer
- USATF/RRTC Final Signatory

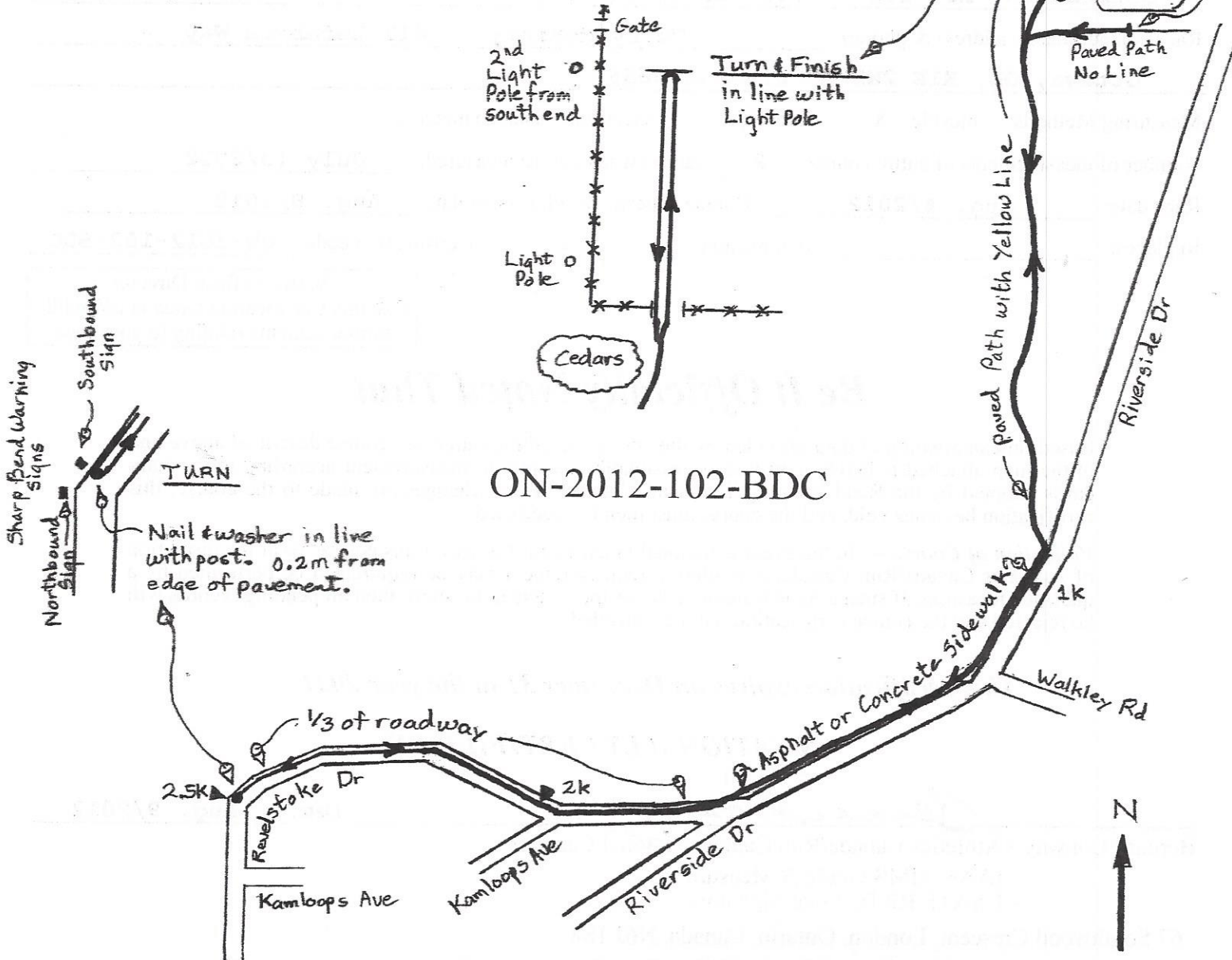
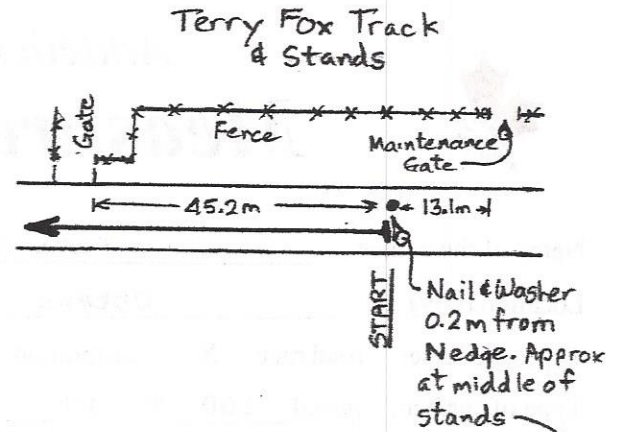
67 Southwood Crescent, London, Ontario, Canada, N6J 1S8
Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: measurer@rogers.com

NATIONAL CAPITAL 10 KM

- Start Paved Pathway - N side at middle of stands for Terry Fox Stadium. See detail.
- 1 km Paved Path adjacent to Riverside Drive - W side at 7th concrete light pole S of pathway connection with Riverside Dr.
- 2 km Revelstoke Dr - N side at right side of driveway to #3709 Revelstoke Dr.
- 2.5 km Revelstoke Dr - N side at Sharp Left Bend Warning sign. See detail.

The run course is an out and back course. Turn at 2.5 km mark and return to Finish for 5km loop distance. Two loops for 10 km event.

Measurement and Map
 Dave Yaeger
 July 2012
 dave.yaeger1@gmail.com



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