



Athletics Canada/Run Canada
Measurement Certificate

Name of the course Canadian Morning 8 km Distance 8 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 0 m Drop 0 m/km Separation 0 %
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: Sept. 1/2012 Course paperwork submission date: Aug. 8/2012
Replaces: _____ (if applicable) Certification code: ON-2012-103-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
Bernard Conway - Athletics Canada/Run Canada National Certifier
- IAAF/AIMS Grade A Measurer
- USATF/RRTC Final Signatory

Date: Aug. 9/2012

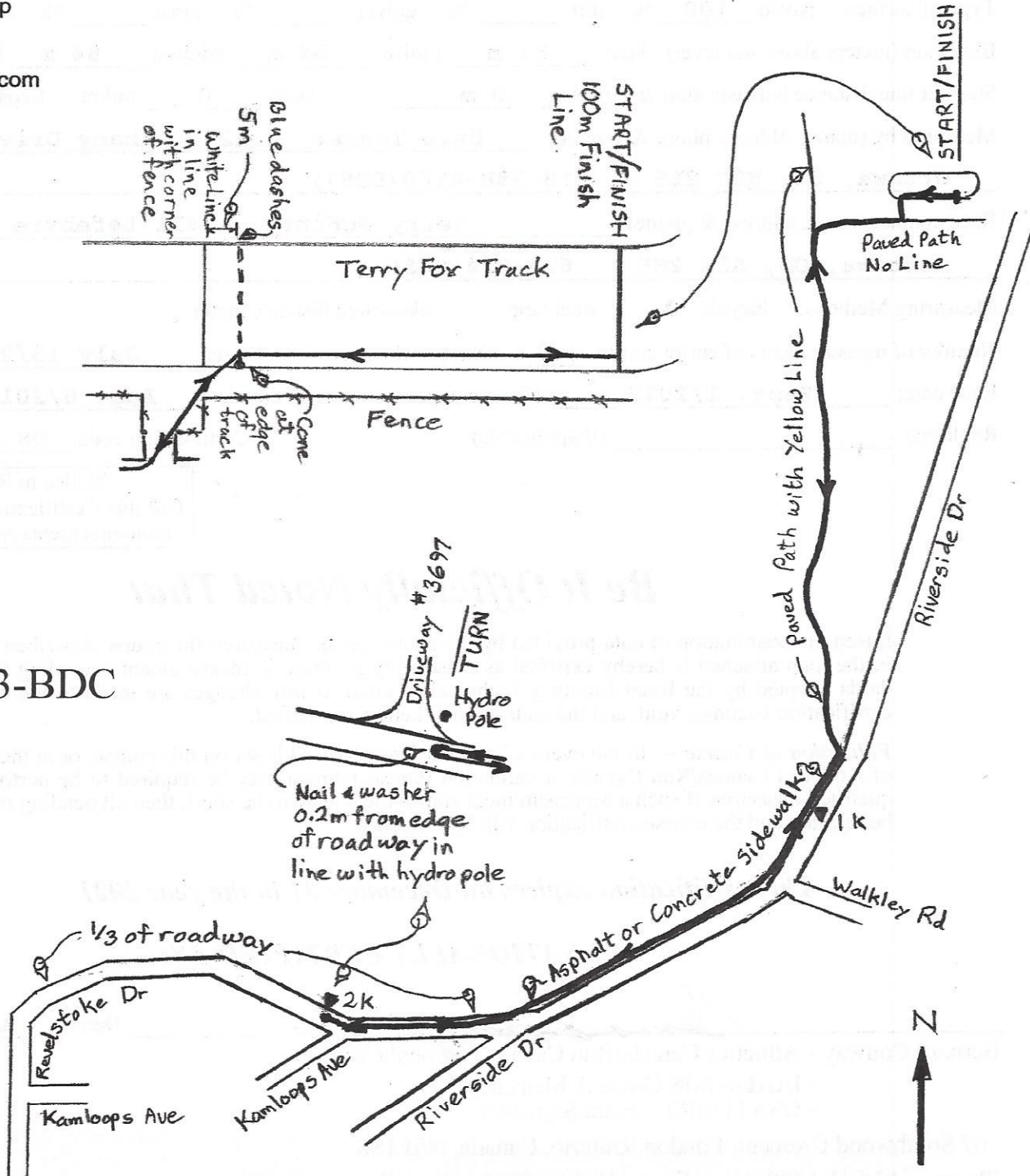
67 Southwood Crescent, London, Ontario, Canada, N6J 1S8
Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: measurer@rogers.com

CANADIAN MORNING 8 KM RUN

- Start Terry Fox Stadium Track – S side at the 100 m Finish Line. See detail.
- 1 km Paved Path adjacent to Riverside Drive – W side at 5th concrete light pole S of pathway connection with Riverside Drive.
- 1.5 km Paved Path adjacent to Riverside Drive – W side 7.4m S of N entrance to #3194 Riverside Drive.
- 2 km Revelstoke Dr – N side at Hydro Pole at right side of entrance to #3697 Revelstoke Dr. Just past Kamloops Dr. See detail.

The run course is an out and back course. Turn at 2 km mark and return to Start/Finish for 4km loop distance. Two loops for 8 km event.

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



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