



# RunNB Course Measurement Workshop

March 25 2017  
Fredericton NB

RunNB and Athletics Canada believe that every runner deserves to run on an accurately measured course. The course certification program confirms that the advertised race course distance has been accurately measured according to international standards and the measurement data is reviewed by an accredited certifier.

Course certification provides an opportunity to be able to conduct meaningful comparisons between different race courses for the achievement of personal best performances, as well as ensuring the fair administration of qualifying times and establishment of records. A properly measured course also helps timing companies to position timing equipment at the appropriate location.

This workshop will review aspects of road course measurements, resources to arrange a course measurement, measurer grading, requirements for course verification and validation, and a brief overview of the process and forms related to measuring.

Time will be provided for discussion points on measurement and certification of road courses.

**PRESENTERS** - Tom Reddon, IAAF-AIMS Grade "C" Measurer. Extensive experience measuring road race courses, including the Fredericton Marathon.  
- Gabriel LeBlanc, Executive Director, RunNB

**WHEN** Saturday March 25th from 9am - 4:30pm

**WHERE** Centre communautaire Sainte-Anne Fredericton ,NB 715 Priestman St, Fredericton, NB E3B 3B8

**COST** \$150 for non-affiliated RunNB events, per person; 25\$ for RunNB sanctioned event coordinators (1 designated person per event)

Participants are asked to bring their bike, adequate clothing to go outside and a smile. Lunch will be provided.

**REGISTER** Registration must be completed online by going to [www.runnb.ca/2017workshop](http://www.runnb.ca/2017workshop) before March 14 2017. A maximum of 30 participants will be accepted on a first come first served basis.



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## Agenda

### 9:00 AM - Introductions

- Review agenda
- Overview of measurement principles
- Certification process

### 9:15 AM Equipment

- List of required equipment
- Jones Counter

### 9:30 AM Calibration Course

- Layout of a calibration course
- Exercise - Simple calculation exercise
- Document calibration course & Map
- Calibration Course Data Sheet
- Measure calibration course

### 11:00 AM Calibrate the Bike

- Warm up the bike tires
- 4 rides over calibration course
- Calculate working constant
- Exercise - Simple calculation exercise
- Short Course Prevention Factor
- Working Constant
- Bike Calibration Data sheet

### 12:00 Lunch

### 1:00 - 4:30pm

- Course Design, Measurement, Corrections, Documentation
- Layout course and preview the course
- Shortest Possible Route (SPR )
- Preliminary ride if not out-back course or loop course
- Course must be measured twice
- Identifying splits, describe each split in your notebook (include distance)
- Exercise - calculate counter count for splits & distance
- Course Measurement #1
- Course Measurement #2
- Post Measurement Adjustments
- Adjust course to the proper distance
- Documenting the course
- Course Measurement Data Sheet
- Course Map & constraints
- Exercise - use Course Measurement Data Sheet