Road Race Course Measurement Seminar
Friday May 12th – Sunday May 14th, 2017
Marathon by the Sea, Saint John, New Brunswick

Hosted by Marathon by the Sea
For any road running performance to be accepted as a record or be included in rankings, it must be run on an Athletics Canada certified course. In addition, most runners like to compare performances run on different courses, and such comparisons are difficult if course distances are not reliable. No one can truly establish a personal best if the course distance is not accurate.
This seminar will instruct you on how to measure a course to internationally accepted standards, and prepare the documentation for certification.

Instructor: Bernie Conway is a National Certifier and Course Register with AIMS/IAAF and is Grade "A" Measurer,

Agenda: Friday, May 12th, 2017 (Coffee and lunch include)
9:00am to 12:00pm – Introduction of participants and instructors; General principles of measurement; Simple calculation exercises; Layout of a calibration course Introduction to the Jones Counter; Mount counters to bicycles; Demonstration of riding by instructor; Layout of test course.
1:00pm to 4:30 pm – Participants measure the test course and record results; Perform measurement calculations; Review of topics covered and lessons learned; Tips and experiences from the instructor; Final assignment; Presentation of certificates.

Agenda: Saturday, May 13th, 2017 (Coffee and lunch include)
6:00am to 4:00pm – "C" certified Participants who have already measured several courses will have the opportunity to measure with Bernie Cormier and he will attempt to view their riding so I can nominate them as Grade B's.

Agenda: Sunday, April 14th, 2017 (Coffee and lunch include)
6:00am to 4:00pm – "C" certified Participants who have already measured several courses will have the opportunity to measure with Bernie Cormier and he will attempt to view their riding so I can nominate them as Grade B's.

What you need to bring

A Bicycle. Be sure that the front forks can accommodate a Jones Counter. Some mountain bikes have fat front forks and it is difficult to mount a counter on such forks. Bikes with disk brakes should be avoided.

A Safety Vest and Helmet. Every participant must wear a high visibility safety vest and helmet when riding their bike.

A Jones Counter. The Jones Counter is the only device with the accuracy required to measure courses with the accepted tolerances. Jones Counters cost approximately US$140 + shipping, and can be ordered online at www.jonescounter.com. Allow time for shipping before the seminar.

A calculator.

All other materials (steel tapes, duct tape, hammer, nails, paint, spray chalk, pens and paper) will be provided.

Registration Fees: LIMITED SPACE REGISTER EARLY

Regular, by March 1st: $150.00 (HST included). Coffee and lunch included each day.

There after: $200.00 (HST included) Coffee and lunch include each day.

To secure your spot a $100.00 non-refundable deposit must be given

** After attending the course and submitting course measurements for certification, participants will be designated as a trained Grade "C" course measurer. All participants will also receive an Officials membership card An Officials membership includes liability insurance for measurers when they are measuring courses.

Accommodations: For participants coming from out of town the Delta Brunswick located in city central will be offering a discounted rate of $107.00 per night enter code: TBA
http://www.marriott.com/hotels/travel/ysjdb-delta-hotels-saint-john/

Register Online:
Register Online at: https:TBA

For more information contact:

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