



In recognition of completing all the requirements established by the  
RRCA Coaching Certification Program  
including 16 hours of coursework, successful completion of the exam,  
and proof of first aid and cardiopulmonary resuscitative certifications, we hereby grant

**Ross Cairns**

status as an RRCA Certified Adult Distance Running Coach

Course Location: Crow Creek ONLINE  
Course Dates: June 10-11, 2023

*George Rehmet*

RRCA President



A handwritten signature in black ink, appearing to read 'Jean Throckmorton'.

Executive Director