



Athletics Canada/Run Canada
Measurement Certificate

Name of the course Thousand Island Parkway Half Marathon Distance 21.0975 km
 Location (city) Rockport (province) Ontario
 Type of course: road race calibration track Configuration: Out/Back
 Type of surface: paved 100 % dirt _____ % gravel _____ % grass _____ % track _____ %
 Elevation (meters above sea level) Start 90 m Finish 90 m Highest 90 m Lowest 83 m
 Straight line distance between start & finish 0 m Drop 0 m/km Separation 0 %
 Measured by (name, address, phone & e-mail) Kevin Dunbar, 15 MacPherson Ave. #15301,
Kingston, ON, 613-541-0040
 Race contact (name, address & phone) Tony Dunbar, Brockville, Ontario
613-342-5461
 Measuring Methods: bicycle steel tape electronic distance meter
 Number of measurements of entire course: two Date(s) when course measured: Aug. 20, 2007
 Race date: _____ Course paperwork submission date: Aug. 31, 2007
 Replaces: _____ (if applicable) Certification code: ON-2007-077-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 2017

AS NATIONALLY CERTIFIED BY:

Bernard Conway Date: Sept. 3, 2007
 Bernard Conway - Athletics Canada/Run Canada National Certifier
 - IAAF/AIMS Grade A Measurer
 - USATF/RRTC Final Signatory

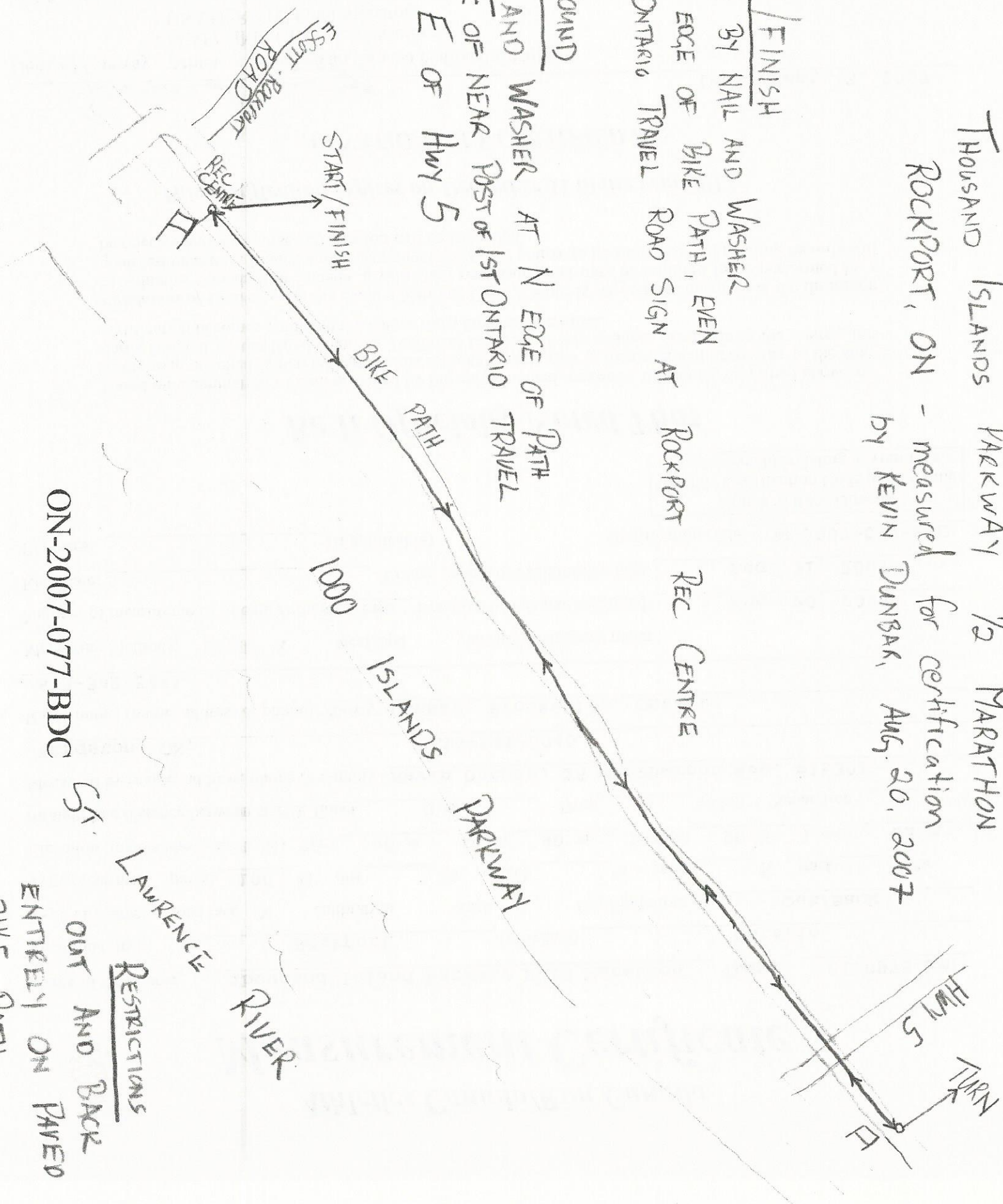
67 Southwood Crescent, London, Ontario, Canada, N6J 1S8
 Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: measurer@rogers.com



THOUSAND ISLANDS PARKWAY 1/2 MARATHON
 ROCKPORT, ON - measured for certification
 by KEVIN DUNBAR, AUG. 20, 2007

START / FINISH
 MARKED BY NAIL AND WASHER
 AT N EDGE OF BIKE PATH, EVEN
 WITH ONTARIO TRAVEL ROAD SIGN AT
 ROCKPORT REC CENTRE

TURNAROUND
 NAIL AND WASHER AT N EDGE OF PATH
 10M E OF NEAR POST OF 1ST ONTARIO
 TRAVEL ROAD SIGN E OF HWY 5



ON-2007-077-BDC

RESTRICTIONS
 OUT AND BACK
 ENTIRELY ON PAVED
 RIVE DATU