



Athletics Canada/Run Canada Measurement Certificate

Name of the course Defi Boreal Ste Anne de Bellevue 5K Distance 5 km
 Location (city) Ste Anne de Bellevue (province) Québec
 Type of course: road race calibration track Configuration: Loop
 Type of surface: paved % dirt % gravel % grass % track %
 Elevation (meters above sea level) Start 25 m Finish 25 m Highest m Lowest m
 Straight line distance between start & finish 12 m Drop 0 m/km Separation 0.2 %
 Measured by (name, address, phone & e-mail) Mark McGowan 130 Maria, Lasalle, QC,
H8R 3M1 514-365-2274 and Christine Bush
 Race contact (name, address & phone) Christine Bush 130 Maria, Lasalle, QC,
H8R 3M1 514-365-2274
 Measuring Methods: bicycle steel tape electronic distance meter
 Number of measurements of entire course: 2 Date(s) when course measured: July 14, 2008
 Race date: 1st Sunday in August Course paperwork submission date: Sept. 21, 2008
 Replaces: _____ (if applicable) Certification code: QC-2008-066-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 2018

AS NATIONALLY CERTIFIED BY:

Bernard Conway Date: Sept. 22, 2008
 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

DEFI BOREAL STE ANNE DE BELLEVUE 5K

Notes:

Measured July 14, 2008 by:
Mark McGowan & Christine Bush

Course is run on shared campus grounds of John Abbott College
and Macdonald campus of McGill University

Entire course run on uncurbed paved road.

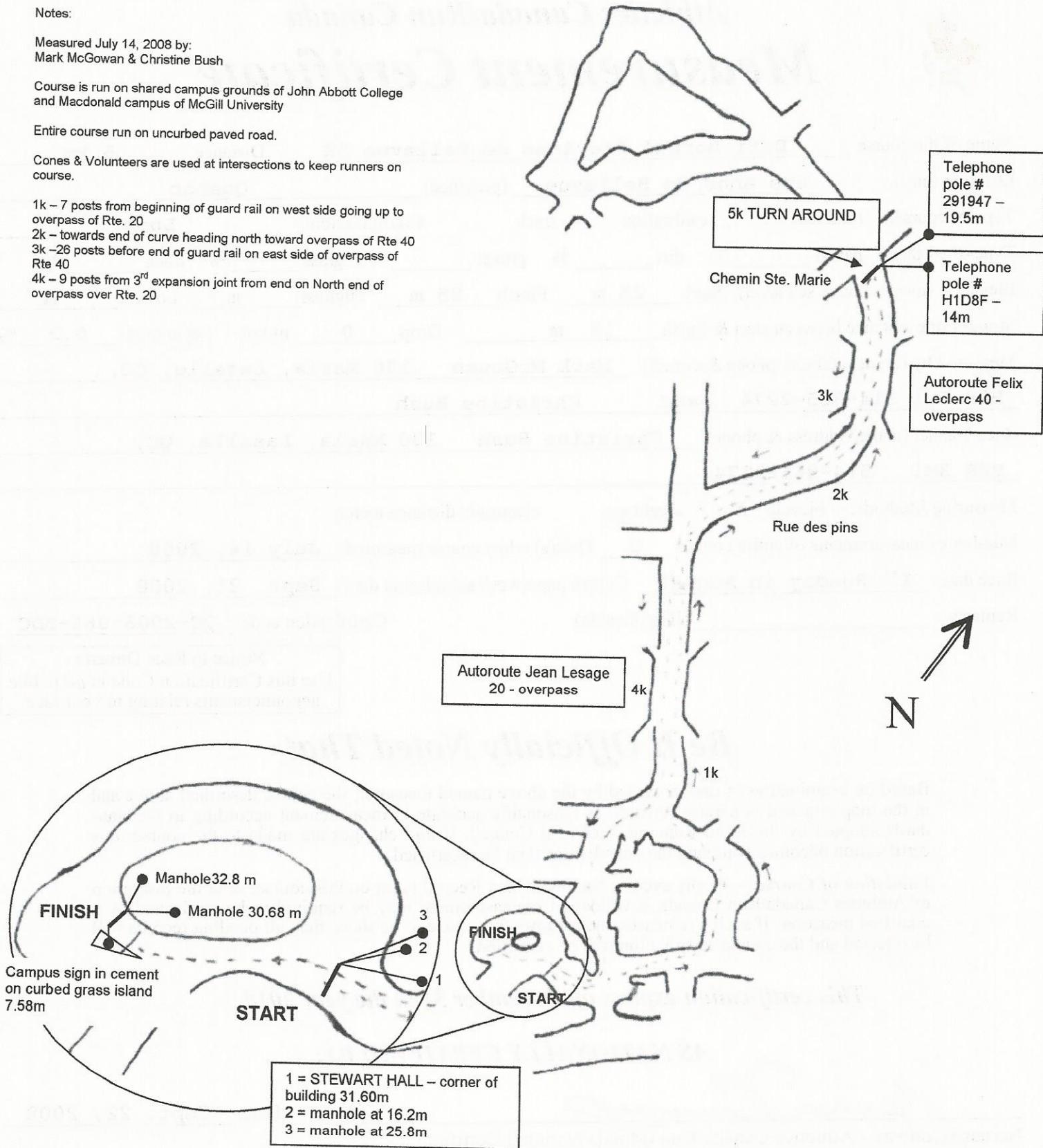
Cones & Volunteers are used at intersections to keep runners on course.

1k - 7 posts from beginning of guard rail on west side going up to overpass of Rte. 20

2k - towards end of curve heading north toward overpass of Rte 40

3k - 26 posts before end of guard rail on east side of overpass of Rte 40

4k - 9 posts from 3rd expansion joint from end on North end of overpass over Rte. 20



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