



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: 1<sup>st</sup> 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](mailto: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.

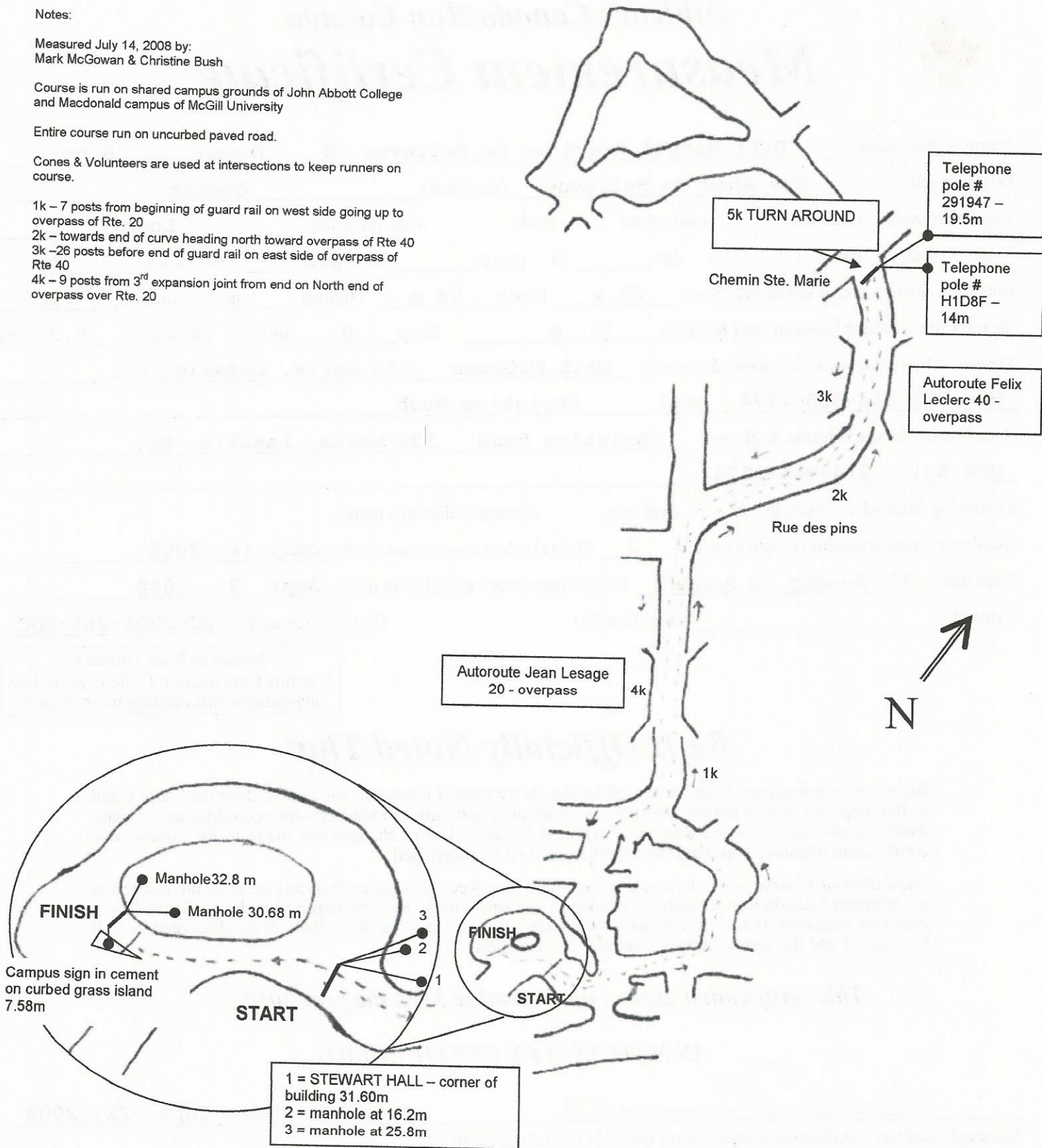
Cones & Volunteers are used at intersections to keep runners on course.

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 3<sup>rd</sup> expansion joint from end on North end of overpass over Rte. 20



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