



Athletics Canada/Run Canada
Measurement Certificate

Name of the course Defi Boreal Ste Anne de Bellevue 20K Distance 20 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 23.7 m Drop 0 m/km Separation 0.1 %
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-2008-068-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 20k

NOTES:

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

Course is run on the shared campus grounds of John Abbott College and Macdonald campus of McGill University, as well as Morgan Arboretum.

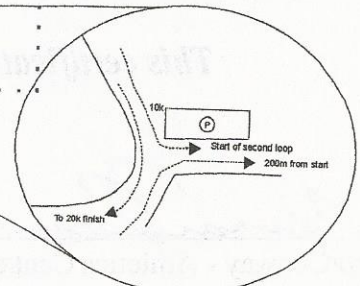
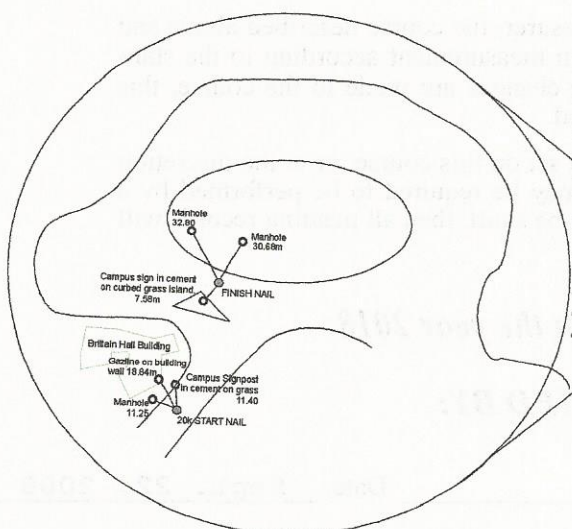
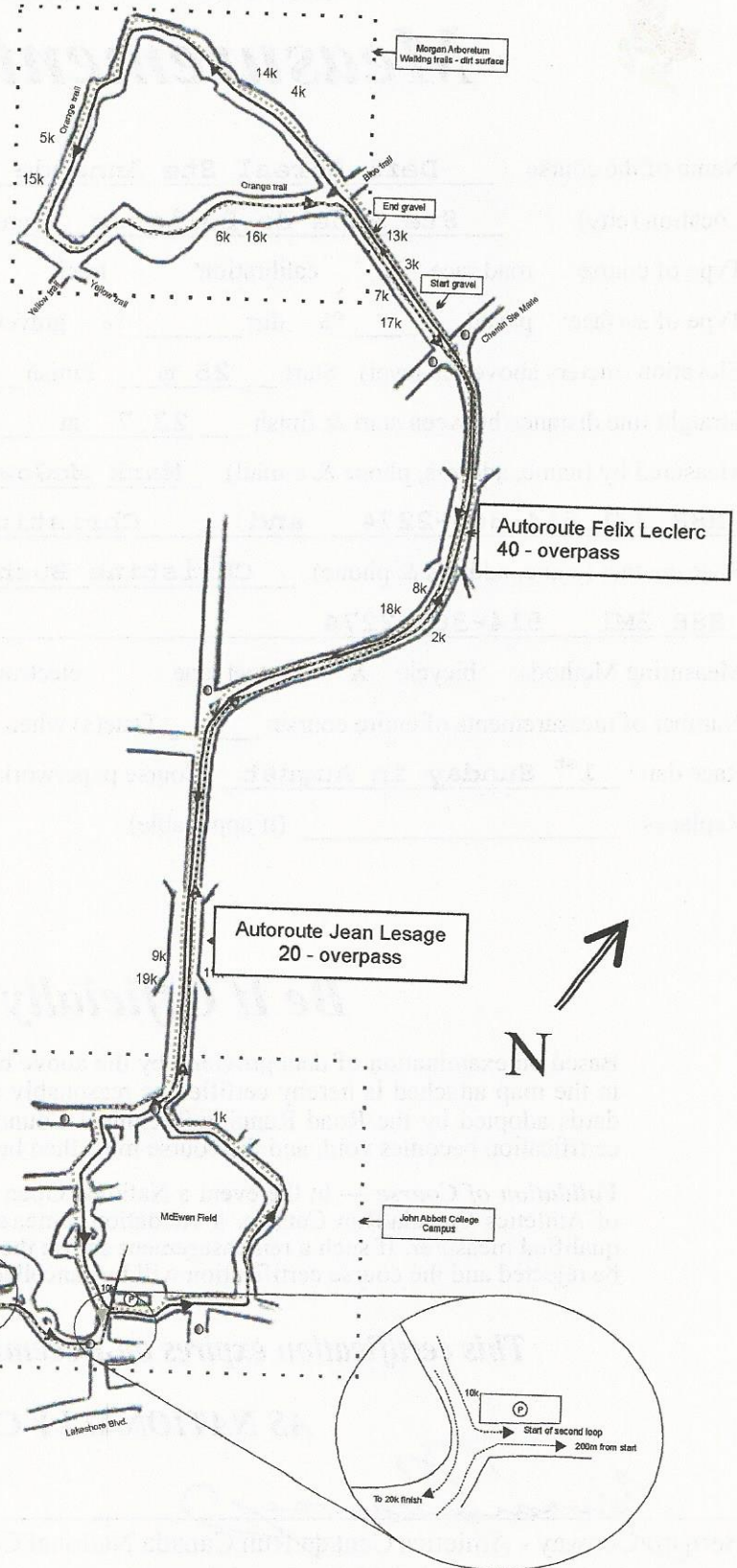
This is a double loop course with 2nd loop turn around just after 10k mark. There are no restrictions - runners may use entire road. Shortest route possible was followed in measuring.

Section in Morgan Arboretum is a pedestrian path only. Course is marked with sand and entrance of yellow and blue trails get roped off with yellow security tape.

From start through 3k uncurbed paved surface. 3k to entrance of blue trail is a gravel road.

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

- 1k - in front of McDonald Stewart Building 13' from manhole on corner in front of Parastology building to the east & 12' from gas main to south
- 2k - at beginning of left turning curve heading north towards overpass of Rte. 40 through farm field.
- 3k - 24'6" from gas line to northeast & 8' from Hydro pole 005.2 to the east
- 4k - in woods on Orange trail of Morgan Arboretum
- 5k - in woods on Orange trail of Morgan Arboretum
- 6k - in woods on Orange trail of Morgan Arboretum
- 7k - on access road to Morgan Arboretum
- 8k - 12'6" from end of guard rail on west side rue de pins after over pass of Rte. 40
- 9k - 52' from permanent sign indicating "McGill Farm / Chemin Ste. Marie / Rte 40"
- 10k - 8' from Centennial signpost of McGill University on west side of road
- 11k - second expansion joint from south end of overpass of Rte 20 on east side
- 12k - 35 posts from beginning of guardrail east side before overpass of rte 40.
- 13k - 8' from telephone pole on corner of farm driveway on east side
- 14k - in woods on Orange trail of Morgan Arboretum
- 15k - in woods on Orange trail of Morgan Arboretum
- 16k - in woods on Orange trail of Morgan Arboretum
- 17k - on access road to Morgan Arboretum
- 18k - 12'6" from end of guard rail on west side rue de pins after over pass of Rte. 40
- 19k - 52' from permanent sign indicating "McGill Farm / Chemin Ste. Marie / Rte 40"



QC-2008-068-BDC