



Athletics Canada/Run Canada
Measurement Certificate

Name of the course Course Populaire Lasalle Distance 10 km
Location (city) Lasalle (province) Québec
Type of course: road race calibration track Configuration: Loop (2 Laps)
Type of surface: paved 100 % dirt _____ % gravel _____ % grass _____ % track _____ %
Elevation (meters above sea level) Start 22 m Finish 24 m Highest 25 m Lowest 22 m
Straight line distance between start & finish 340 m Drop 0.2 m/km Separation 3.4 %
Measured by (name, address, phone & e-mail) Christine Bush 130 Maria, Lasalle, QC
& Mark McGowan 130 Maria, Lasalle, QC, H8R 3M1 514-365-2274
Race contact (name, address & phone) Mike Strange 361 Neptune, Dorval, QC,
H9S 2L5 514-631-1885
Measuring Methods: bicycle steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: Oct. 30, 2008
Race date: _____ Course paperwork submission date: Dec. 16, 2008
Replaces: _____ (if applicable) Certification code: QC-2008-099-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 - Athletics Canada/Run Canada National Certifier Date: Dec. 17, 2008
- 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

Course Populaire Lasalle 10k

Notes:

Measured by Mark McGowan & Christine Bush October 30, 2008

Course is run entirely on paved city street surface.

QC-2008-099-BDC

- 1k – On rue Raymond, at corner of Mongeau, 19m north of fire hydrant, 6.5m north west of manhole
- 2k – In front of #1056 35th Ave. 4.5m northwest of manhole on west side of 35th, 8m southeast of manhole on west side of 35th ave.
- 3k – In front of light pole #283 on south side of de la Verandrye, 21m east & 26m west of manholes on south side of de la Verandrye.
- 4k – On Champlain east of rue Gagne, 17m northeast of fire hydrant & 23m southwest of manhole
- 5k – In front of 8460 rue George, just east of intersection with 34th street, 27.5m east of manhole in intersection of 34th * & George, 3.6m west of manhole on north side of George, 15.5m east of manhole on north side of George St.
- 6k – On Central in front of Bus stop near intersection with 31st Ave. 4.5m northeast from manhole on south side of Central, 24.6m east from manhole on north side of Central.
- 7k – On Dollard near bend in road with Champlain, in front of Bell Manhole on grass to east 15.5m from road, 6.4m south of lamppost on east side of Dollard.
- 8k – On south side of de la Verandrye, 45.7m from fire hydrant on north side directly across, 26.5m from manhole on south side to east.
- 9k – On north side of Champlain near intersection with Raymond 2.7m from lamppost to the northwest & 4.5m southeast from manhole.

