



Athletics Canada/Run Canada  
**Measurement Certificate**

Name of the course Défi Hivernal de I'lle Bizard 5k Distance 5 km  
Location (city) I'lle Bizard (province) Québec  
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 30 m Finish 30 m Highest 60 m Lowest 30 m  
Straight line distance between start & finish 30 m Drop 0 m/km Separation 0.6 %  
Measured by (name, address, phone & e-mail) Christine Bush & Mark McGowan  
130 Maria, Lasalle, QC, H8R 3M1 514-365-2274  
Race contact (name, address & phone) Jean Pierre Champagne 26 rue Émard,  
Vaudreuil-Dorion, QC, J7V 7N9 450-424-0096  
Measuring Methods: bicycle  steel tape electronic distance meter  
Number of measurements of entire course: 2 Date(s) when course measured: Nov. 2, 2008  
Race date: Feb. 15, 2009 Course paperwork submission date: Feb. 5, 2009  
Replaces: \_\_\_\_\_ (if applicable) Certification code: QC-2009-004-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: Feb. 8, 2009  
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)

# DÉFI HIVERNAL DE L'ÎLE BIZARD 5K

Notes:

QC-2009-004-BDC

Measured by Mark McGowan & Christine Bush November 2, 2008

Course is run entirely on paved surface (in February and often snow covered). The entire length of de l'Église is closed to traffic. Southbridge is the access road to Royal Montreal Golf course and not used in the winter. It is plowed but not salted so usually snow covered. Runners have run the road entire course.

- 1k - South of intersection of rue Robert, 10m from manhole on corner of Robert & de l'Église, 5.4 m north of manhole on west side of de l'Église
- 2k - On North side of Southbridge, 99.6M west of lamppost on south side of Southbridge and 104m from fire hydrant between driveways of #19 & 21 Southbridge
- 3k - North east of driveway to #23 Southbridge, 44m from fire hydrant on property of #23 Southbridge, 13.7m from lamppost on south side of Southbridge.
- 4k - North of second intersection of rue Robert, 17.3m from lamppost #941 on corner, 5.4m from manhole south of intersection on de l'Église.

