



Athletics Canada/Run Canada
Measurement Certificate

Name of the course Défi Hivernal de I'lle Bizard 10k Distance 10 km
Location (city) I'lle Bizard (province) Québec
Type of course: road race calibration track Configuration: Out/Back twice
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 5 m Drop 0 m/km Separation 0.05 %
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-2009-005-BDC

Notice to Race Director
Use this Certification Code in *all* public
announcements relating to your race.

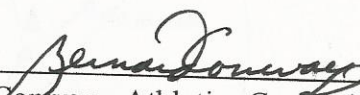
Be It Officially Noted That

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
- IAAF/AIMS Grade A Measurer
- USATF/RRTC Final Signatory

Date: Feb. 8, 2009

67 Southwood Crescent, London, Ontario, Canada, N6J 1S8
Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: measurer@rogers.com

DÉFI HIVERNAL DE L'ÎLE BIZARD 10K

Notes:

Measured by Mark McGowan & Christine Bush November 2, 2008

QC-2009-005-BDC

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 of the road entire course.

- 1k - 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
- 2k - 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.
- 3k - 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
- 4k - 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
- 5k - In front of crescent drive way of #350 de l'Église (City Hall) 7.3m north of lamppost #G5R7W, 19.2m south of fire hydrant on west side of de l'Église.
- 6k - 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
- 7k - 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
- 8k - 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.
- 9k - 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.

