



*Athletics Canada/Run Canada*  
**Measurement Certificate**

Name of the course 5K Endurance Distance 5 km  
Location (city) Dollard-des-Ormeaux (province) QC  
Type of course: road race  calibration track Configuration: Loop  
Type of surface: paved 100 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %  
Elevation (meters above sea level) Start 32 m Finish 32 m Highest 39 m Lowest 28 m  
Straight line distance between start & finish 5 m Drop 0 m/km Separation 0.1 %  
Measured by (name, address, phone & e-mail) Christine Bush and Mark McGowan  
130 Maria, Lasalle, QC, H8R 3M1 514-365-2274  
Race contact (name, address & phone) Michel Brochu 11911 Poincaré  
Montreal, QC, H3L 3L6 514-956-7966  
Measuring Methods: bicycle  steel tape electronic distance meter  
Number of measurements of entire course: 2 Date(s) when course measured: July22, 2009  
Race date: \_\_\_\_\_ Course paperwork submission date: July 31, 2009  
Replaces: \_\_\_\_\_ (if applicable) Certification code: QC-2009-096-BDC

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

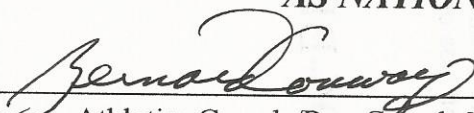
***Be It Officially Noted That***

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 2019***

**AS NATIONALLY CERTIFIED BY:**

  
Bernard Conway - Athletics Canada/Run Canada National Certifier  
- IAAF/AIMS Grade A Measurer  
- USATF/RRTC Final Signatory

Date: Aug. 1, 2009

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)

# 5K Endurance D.D.O.

Notes: Measured by Mark McGowan & Christine Bush  
 Wednesday July 22, 2009

Course is run entirely on paved, curbed city streets, with section from Start to 1k closed to traffic & 2k to corner of Lake Rd. & Salabery Rd. run on a coned off bike path lane on right hand side of the road.

1k – Southwest of intersection of Tecumseh & Salabery 13m past HP HQJP2D-91 & 31.6m before manhole on right hand side.

2k – On Lake Rd. at corner of Lake & Fernwood, 29m across road from fire hydrant and 9,78m before manhole in middle of road.

3k – On Lake Rd at the north side entrance to parking lot of Centennial Parc across intersection with Manuel St. 16.5m before lamppost #55 on right side of road & 7m after manhole in center of road.

4k – On Lake Rd. after right hand turn in road and in front of the Commission Scolaire Marguerite-Bourgeois, 6.4m past lp#30 and 38.15m before fire hydrant ahead on left side of road

QC-2009-096-BDC

