



Athletics Canada/Run Canada
Measurement Certificate

Name of the course L'Arche 5 Miler Distance 5 miles
Location (city) Calgary (province) Alberta
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 1048 m Finish 1048 m Highest 1058 m Lowest 1048 m
Straight line distance between start & finish 0 m Drop 0 m/km Separation 0 %
Measured by (name, address, phone & e-mail) Marcel LaMontagne 1827 Bay Shore Rd. SW
Calgary, Alberta, T2V 3M2 403-874-1185
Race contact (name, address & phone) Dawn Ladds-Bond 801 - 6th Av. SW
Calgary, Alberta, T2P 3W2 403-262-4558
Measuring Methods: bicycle steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: Sept. 13/2012
Race date: March 23/2013 Course paperwork submission date: Sept. 24/2012
Replaces: _____ (if applicable) Certification code: AB-2012-133-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 2021

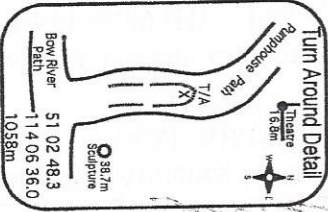
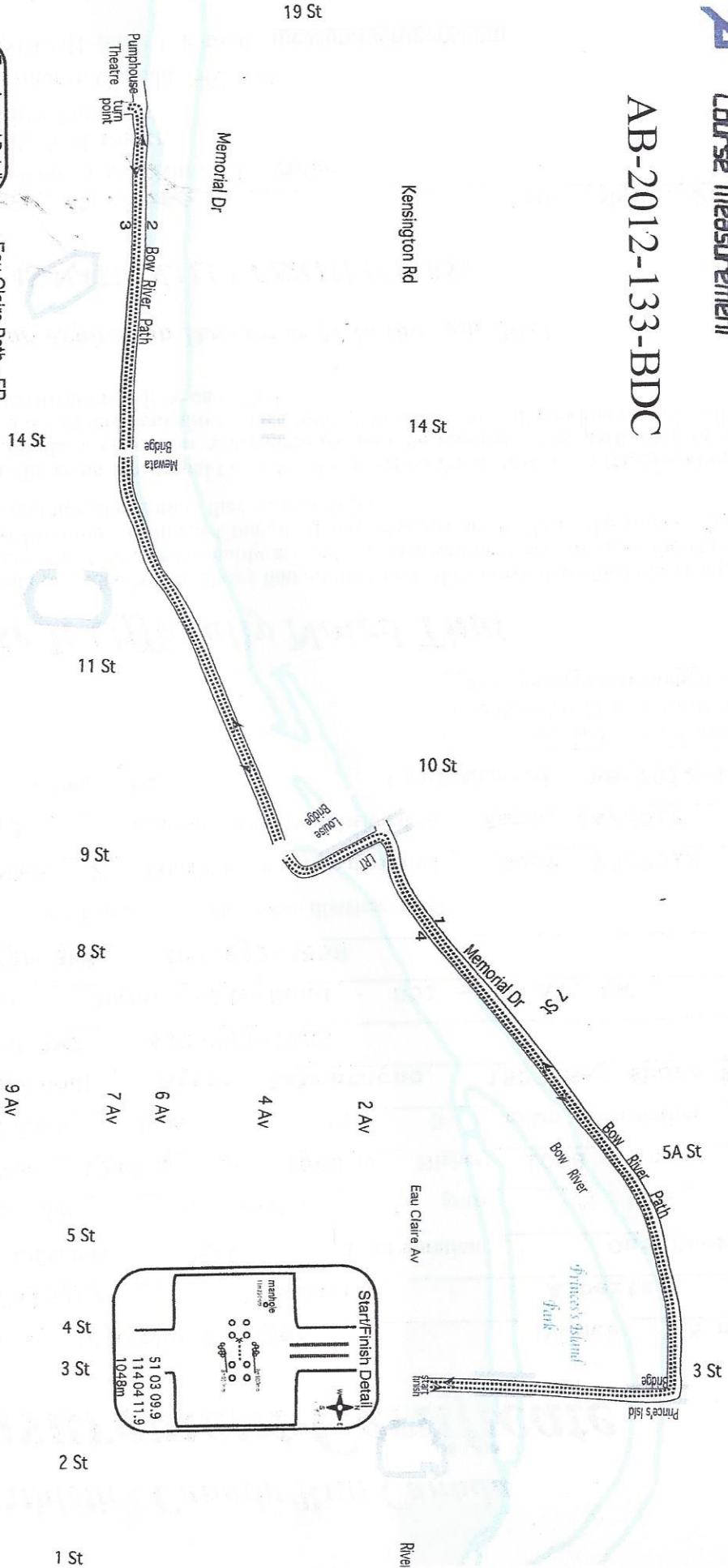
AS NATIONALLY CERTIFIED BY:

 Date: Sept. 25/2012
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

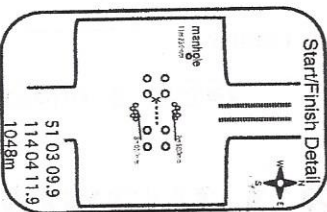
Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: measurer@rogers.com

AB-2012-133-BDC



- Eau Claire Path - ER
- Prince's Isl Path - ROC
- Bow River Path - ROC
- LRT Bridge up - ROC
- Bow River Path - LOC
- Pump House Path - ROC
- turn around
- Pump House Path - ROC
- Bow River Path - LOC
- LRT Bridge up - ROC
- Bow River Path - LOC
- Prince's Isl Path - ROC
- Eau Claire Path - ER

start/finish	Eau Claire Plaza
1 mi	51 03 09.9
2 mi	51 03 10.4
3 mi	51 02 51.4
4 mi	51 02 51.4
5 mi	51 03 09.9



All split locations (each km, mile out/remains) are marked with a mag nail, photo taken, GPS referenced and measured to a permanent object, where available.

From start line at Eau Claire Plaza to the turn around and return to Eau Claire Plaza all corners are to be coned and marshalled.

This course is measured to the guidelines defined by governing bodies Athletics Canada, AIMS and IAAF.

Course Measurers: Marcel LaMontagne 403.874.1185.
 Course Measured: September 13, 2012

- ER - Entire Road
- ROC - Right of Centre
- RCL - Right Curb Lane
- LOC - Left of Centre
- LCL - Left Curb Lane