



Athletics Canada/Run Canada  
**Measurement Certificate**

Name of the course Le 5 km de la Course Saint-Laurent Distance 5 km  
Location (city) Saint-Laurent (province) Québec  
Type of course: road race  calibration track Configuration: Loop  
Type of surface: paved 100 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %  
Elevation (meters above sea level) Start 31 m Finish 32 m Highest 36 m Lowest 31 m  
Straight line distance between start & finish 180 m Drop -0.2 m/km Separation 3.6 %  
Measured by (name, address, phone & e-mail) Laurent Lacroix 131 Sunnyside Blvd.  
Winnipeg, MB, R3J 3M1 204-832-2301 llacroix@mts.net  
Race contact (name, address & phone) Michel Brochu 11911 Poincaré  
Saint Laurent, QC, H3L 3L6 514-956-7966 mbbella@hotmail.com  
Measuring Methods: bicycle  steel tape electronic distance meter  
Number of measurements of entire course: 2 Date(s) when course measured: July 8/2013  
Race date: April 14/2013 Course paperwork submission date: Sept. 19/2013  
Expires: \_\_\_\_\_ (if applicable) Certification code: QC-2013-129-BDC

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

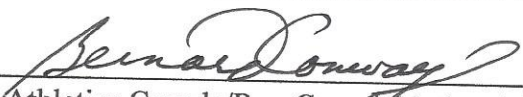
***Be It Officially Noted That***

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 2022***

**AS NATIONALLY CERTIFIED BY:**

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

Date: Sept. 20/2013

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)

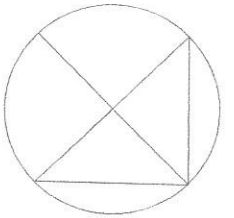


Athletics Canada Certified  
**QC-2013-129-BDC**  
 Certification Expires Dec. 31/2022

mesuré le 7 et 8 juillet 2013 par

- Judith Lefebvre
- Simon Bessette
- Richard Chouinard
- Louis-Philippe Garnier
- Sylvain Francoeur
- Patrick Mahony
- Marcel Gagnon
- Philippe Lottin
- Michel Brochu
- Laurent Lacroix

Commence le virage vers l'arrivée à la poignée de la porte du 2940 Ernest-Hemmingway



virage se complète au boullon en face du lampadaire avec Stop à 4.342 m de l'égout

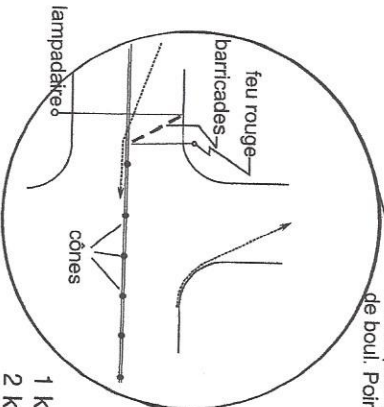
1er cône en ligne avec le Stop à 2.5 m du côté, 1.960 m de l'égout

2e cône au centre de la rue

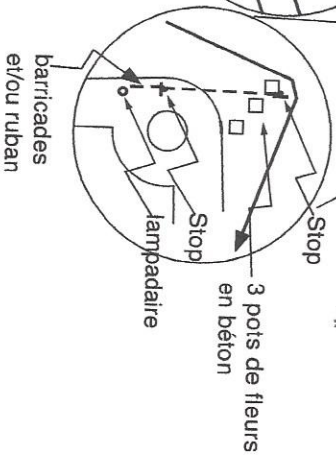
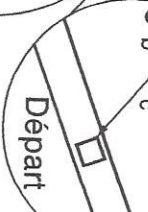
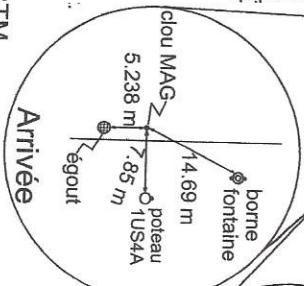


Les coureurs ont accès aux deux voies au départ seulement.

Cônes placés au centre de boul. Poirier de Cavendish à Beaulac



- 1 km : 1.50 m à l'ouest du Stop devant l'abri STM
- 2 km : 16.80 m à l'ouest de l'affiche et 1.10 m à l'est de l'égout
- 3 km : 3.40 m à l'ouest du mur de brique devant l'abri STM
- 4 km : 1.50 m au nord du Stop et 0.50 m de l'égout



**Mesures du départ**

- a: 16.289 m du 2e lampadaire au sud de l'entrée des ateliers municipaux
- b: 4.770 m de l'égout
- c: 8.847 m de la base du 1er arbre au sud de l'entrée des ateliers municipaux