



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

Name of the course La Valse des Coureurs Distance 5 km  
Location (city) Laval (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 24 m Finish 26 m Highest 26 m Lowest 17 m  
Straight line distance between start & finish 125 m Drop -0.4 m/km Separation 2.5 %  
Measured by (name, address, phone & e-mail) Michel Brochu 11911 Poincare  
Montréal, QC, H3L 3L6 and Louis Carry  
Race contact (name, address & phone) Lyne Carry 12 rue Charpentier  
Laval, QC, H7B 1A2 450-666-4330  
Measuring Methods: bicycle  steel tape electronic distance meter  
Number of measurements of entire course: 2 Date(s) when course measured: Aug. 9/2014  
Race date: Aug. 24/2014 Course paperwork submission date: Nov. 11/2014  
Expires: Dec. 31/2023 (if applicable) Certification code: QC-2014-137-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 2023***

**AS NATIONALLY CERTIFIED BY:**

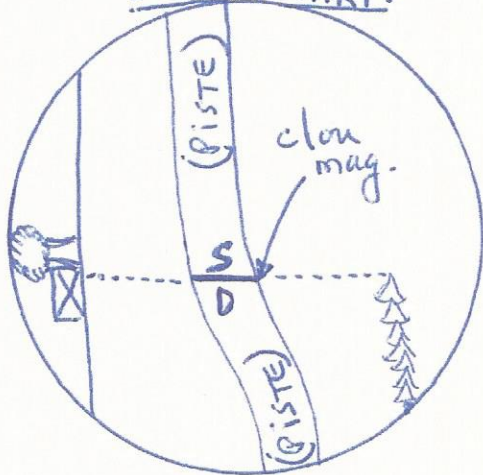
*Bernard Conway* Date: Nov. 27/2014  
Bernard Conway - Athletics Canada/Run Canada National Certifier  
- IAAF/AIMS Grade A Measurer  
- USATF/RRTC Final Signatory

67 Southwood Crescent, London, Ontario, Canada, N6J 1S8

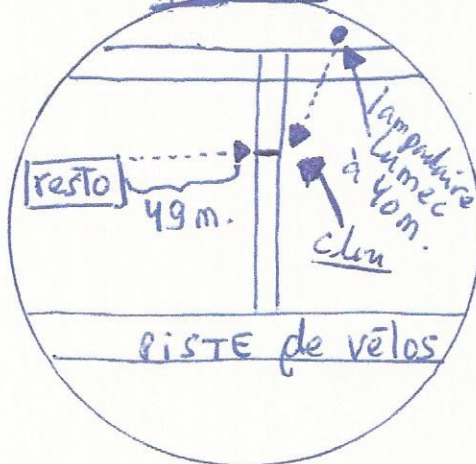
Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: [measurer@rogers.com](mailto:measurer@rogers.com)



DÉPART/START:

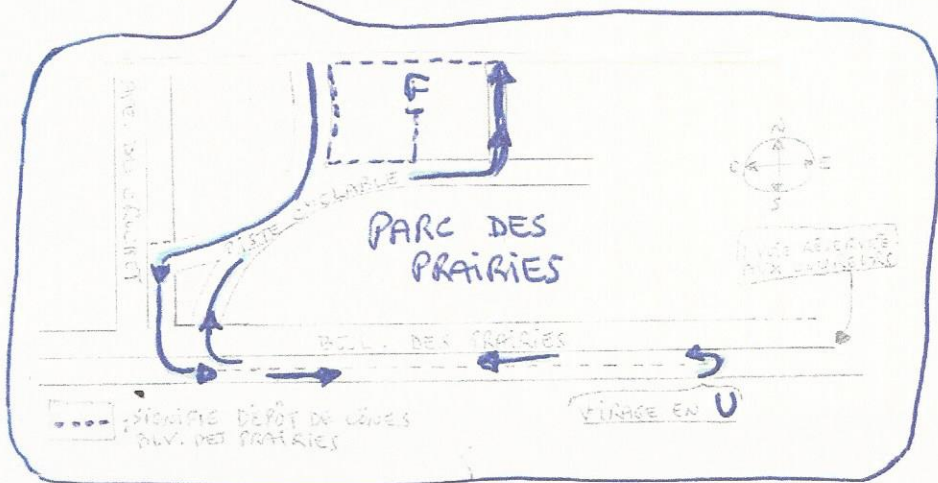


FINISH-  
ARRIVÉE:



**LA VALSE DES COUREURS**  
PARCOURS DU 5 KM

U-Turn:  
• Devant le 123 Des Prairies (2 sapins)  
• Berge du Crochet : entrée Ouest.



Mesuré par:  
Michel Brochu et  
Louis Carry

Date: 9 AOÛT 2014

Athletics Canada Certified

QC-2014-137-BDC

Certification Expires Dec. 31/2023