



# ATHLETICS CANADA

## ROAD RACE MEASUREMENT CERTIFICATE

### Race Information

Name of the course Run for Retina 2.5 km

Certificate number ON-2015-015-DRY Distance 2.5 km Race date April 10, 2016

City London Province Ontario

Race contact name Kim and Paul Spriet Race contact email kjspriet@gmail.com

### Course Information

Start elevation 234 m Finish elevation 234 m

Elevation change 0 m/km Percent separation 0%

### Measurer Information

Measurer name Bernard Conway

Measurement date November 17, 2015 Expiry date December 31, 2025

### Official Notice

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**, 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.

### As Nationally Certified by

\_\_\_\_\_  
Signature of certifier



\_\_\_\_\_  
Date

December 1, 2015

Any inquiries regarding this certificate should be directed to [coursemeasurement@athletics.ca](mailto:coursemeasurement@athletics.ca)





## Run for Retina 2.5 km Route

**Start** – is on path coming from behind the buildings in Springbank Gardens, 3.8 m E of the main north-south bikepath that goes over the bridge by the west end of Springbank Gardens. Runners enter main path and turn left and head south approximately 100 m and then turn right onto bike path heading west to Springbank Park.

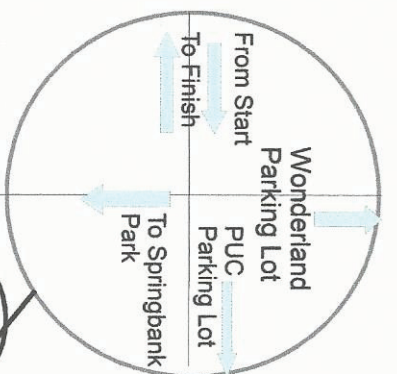
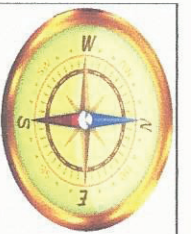
1 km – 17 m W of W side of path to/from stairs from Parking Lot off Springbank Drive.

2.5 km Turnaround – 1.0 m E of first bench (in memory of Larry Taylor) E of Springbank Park on S side of bike path between Springbank Park and Springbank Gardens.

2 km – 21 m E of stop sign where path from PUC Gardens meets main path by river between Springbank Gardens and Springbank Park.

**Finish** – same as start.

**Note** – runners have full width of bike path



Athletics Canada Certified  
ON-2015-015-DRY  
Certification Expires Dec. 31, 2025

