



# ATHLETICS CANADA

## ROAD RACE MEASUREMENT CERTIFICATE

### Race Information

Name of the course Run for Retina 5 km  
Certificate number ON-2015-016-DRY Distance 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 5 km Route

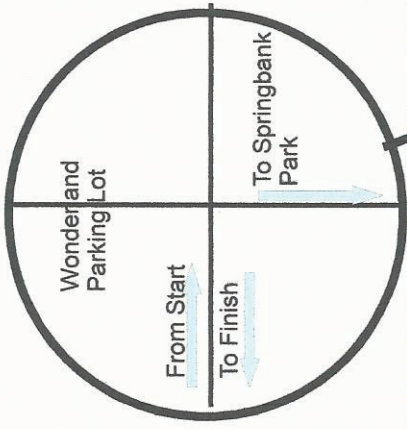
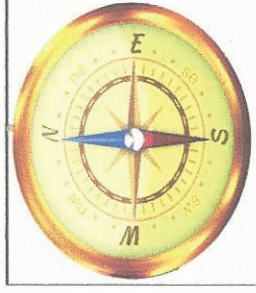
**Start** – is on path coming from behind the buildings in Springbank Gardens, 3.8 m east of the main north-south bike path that goes over the bridge by Springbank Gardens. Runners enter the main path and turn left and head S approximately 100 m and then turn right onto bike path heading W to Springbank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

**1 km/4 km** – 17 m W of W side of path to/from stairs from Parking Lot off Springbank Drive.

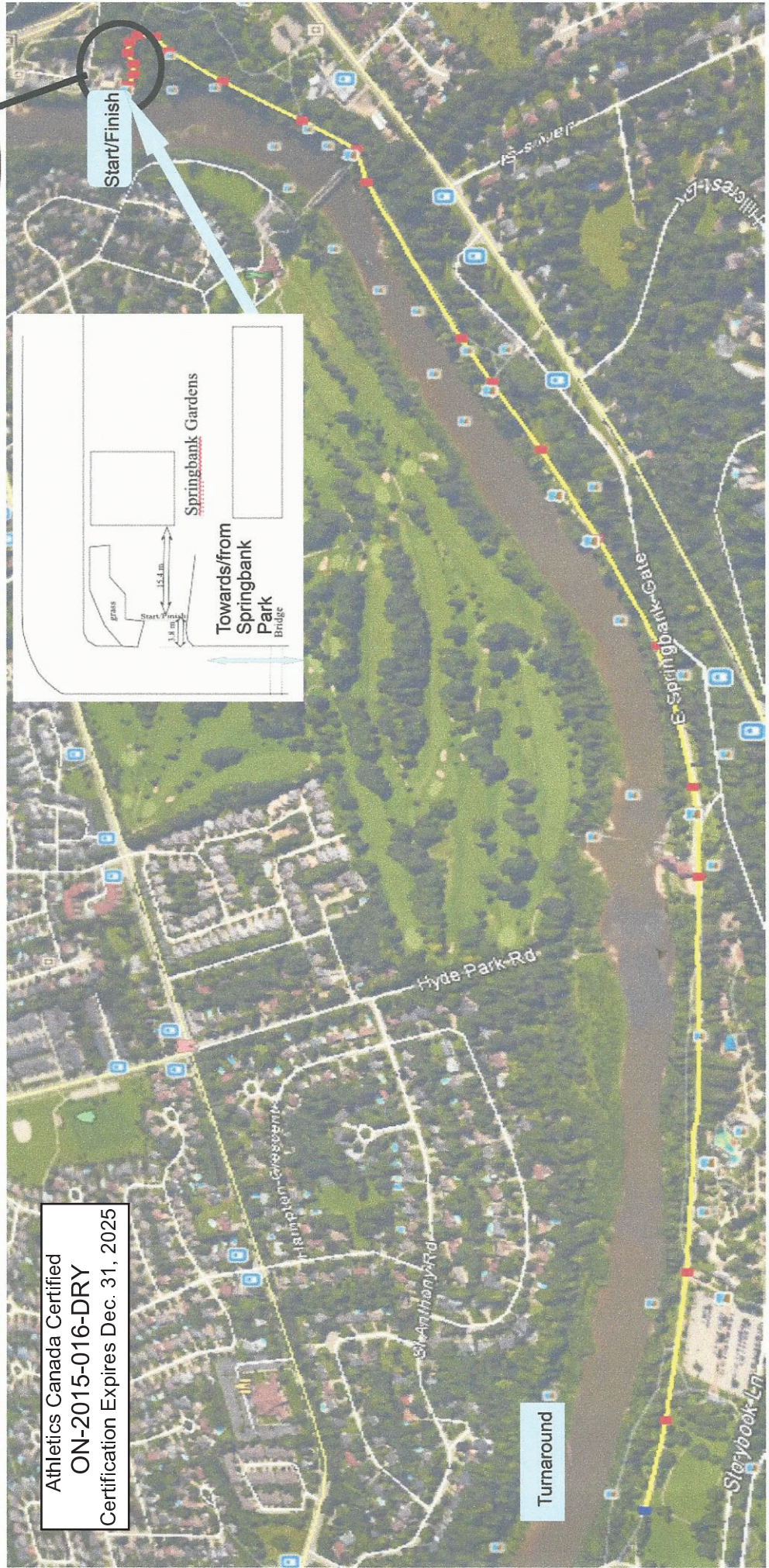
**2 km/3 km** – opposite middle of locked doors to electrical panel on N side of building on N side of water park in Storybook Gardens. This area is fenced and is on the south side of the bike path through Springbank Park.

**5 km Turnaround** – is 9.3 m W of the W end of the tracks in Springbank Park, 46.95 m east of the nose of the triangular boulevard at the middle road and the lower road in Springbank Park.

**Finish** – same as the start.



Runners have full width of bike path on the Out/Back course.



Athletics Canada Certified  
 ON-2015-016-DRY  
 Certification Expires Dec. 31, 2025