



# ATHLETICS CANADA

## ROAD RACE MEASUREMENT CERTIFICATE

### Race Information

Name of the course Run for Retina 10 km

Certificate number ON-2015-017-DRY Distance 10 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



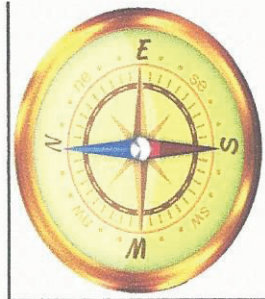
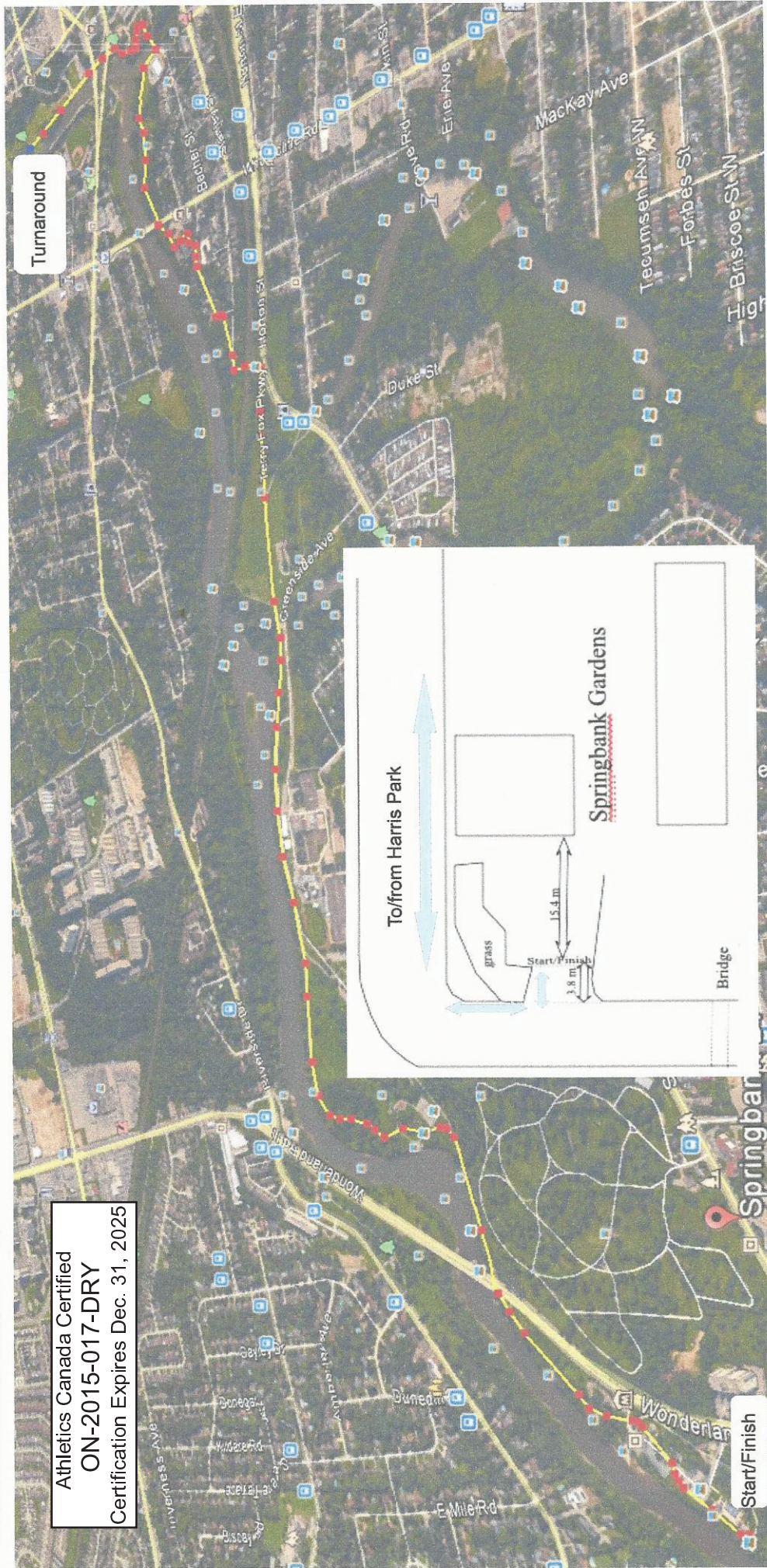
\_\_\_\_\_  
Date

December 1, 2015

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



Athletics Canada Certified  
 ON-2015-017-DRY  
 Certification Expires Dec. 31, 2025



**Start** – is on the path coming from behind the buildings in Springbank Gardens, 3.8 m E of the main north-south bikepath. Runners enter the main path and turn right (north) and follow the bikepath as it bends right (east) and passes the Canoe Club, and continues onto the bike path through Saturn Park. After exiting Greenway Park the bike path goes through the Greg Curno Tunnel, and then onto the bikepath to Riverview Ave. and then onto the bike path by the Children's Museum. Runners then continue on the bike path under the Wharmcliffe Bridge to the exit by Prevost, across the King St. Pedestrian Bridge and follow the bike path north along the river into Harris Park to the turnaround. Runners then retrace their steps to the finish.

1 km/9 km – 11 m S of N end of Parking Lot by Saturn Park.  
 2 km/8 km – 98 m W of plaque for Victoria Boat Disaster 1881, 23 m W of E side of green building E of chimney of Pollution Plant.  
 3 km/7 km – 55 m W of concrete pillars at the E end of Greenway Park just W of the Greg Curno Tunnel.  
 4 km/6 km – 33 m E of W path to Children's Playground, 30 m W of E path to Playground, 14 m W of swings in park across from fountains by the Thames River.  
**10 km Turnaround (5 km mark)** – is 3.65 m N of the bench (no plaque) opposite N end of John Labatt Stage, 9 m S of lampost.  
**Finish** – same as start.