



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course Run for Retina (Flood Route) 10 km
Certificate number ON-2015-018-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

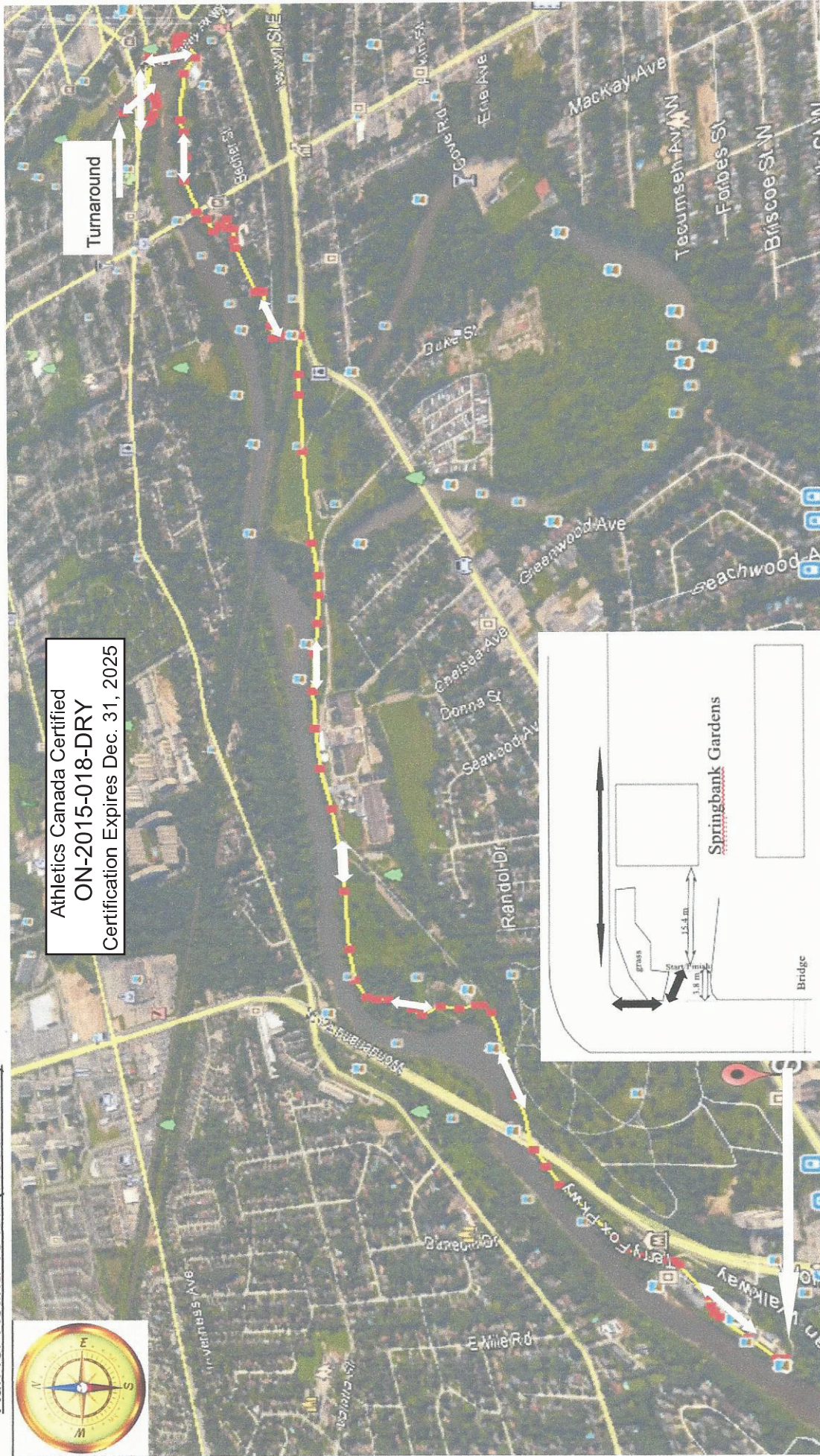
Any inquires regarding this certificate should be directed to coursemeasurement@athletics.ca



Run for Retina 10 km (Flood Route)



Athletics Canada Certified
 ON-2015-018-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 bike path as it bends right (east) and passes the Canoe Club, and continues onto the bike path through Saturn Park. After exiting Greenwood Park the bike path goes through the Greg Curno Tunnel and then onto the bike path to Riverview Ave. and then onto the bike path by the Children's Museum. Runners then continue on the bike path under the Whamcliffe Rd. Bridge to the exit by Prevost, across the King St. Pedestrian Bridge and follow the bike path north along the river. Follow the incline up to the Dundas St. Bridge and cross the bridge on the south sidewalk. About 30 m passed the bridge turn left onto path that goes passed the fountains by the Thames River. Continue north on the bikepath on the west side of the Thames Labatt Park to the turnaround.

Turnaround – is 20.46 m S of N end of metal fence between upper and lower bikepaths on W side of the Thames River by Labatt Park

Runners retrace their path to Springbank Gardens.

Finish – same as the start.