



# ATHLETICS CANADA

## ROAD RACE MEASUREMENT CERTIFICATE

### Race Information

Name of the course Run for Retina Half Marathon (Flood Route)

Certificate number ON-2015-020-DRY Distance 21.0975 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 24, 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

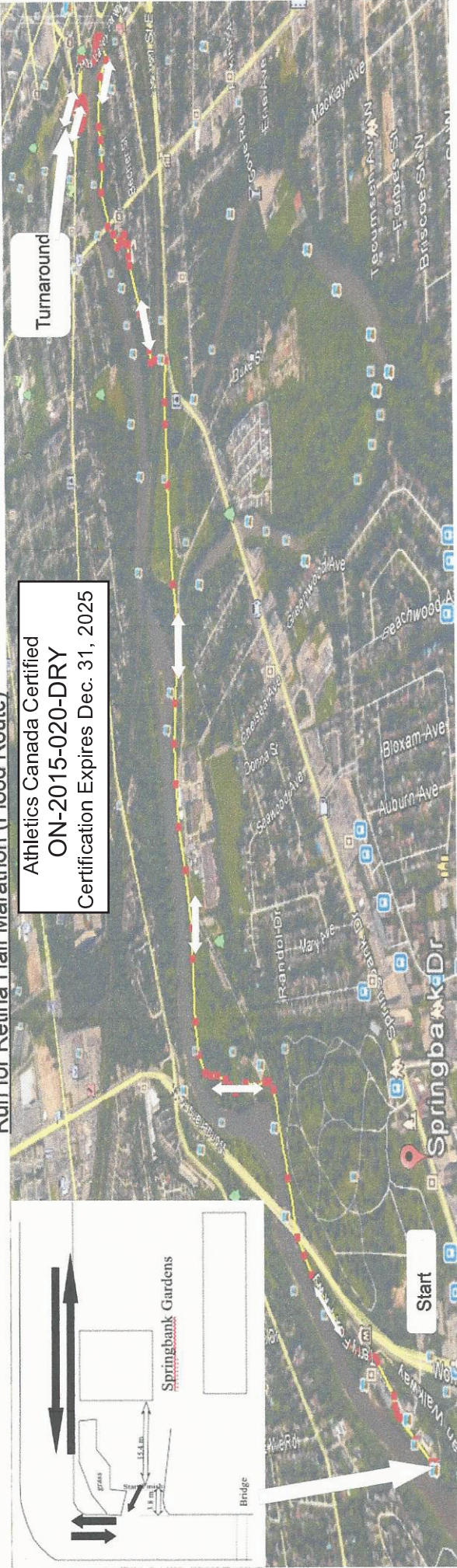
December 4, 2015

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

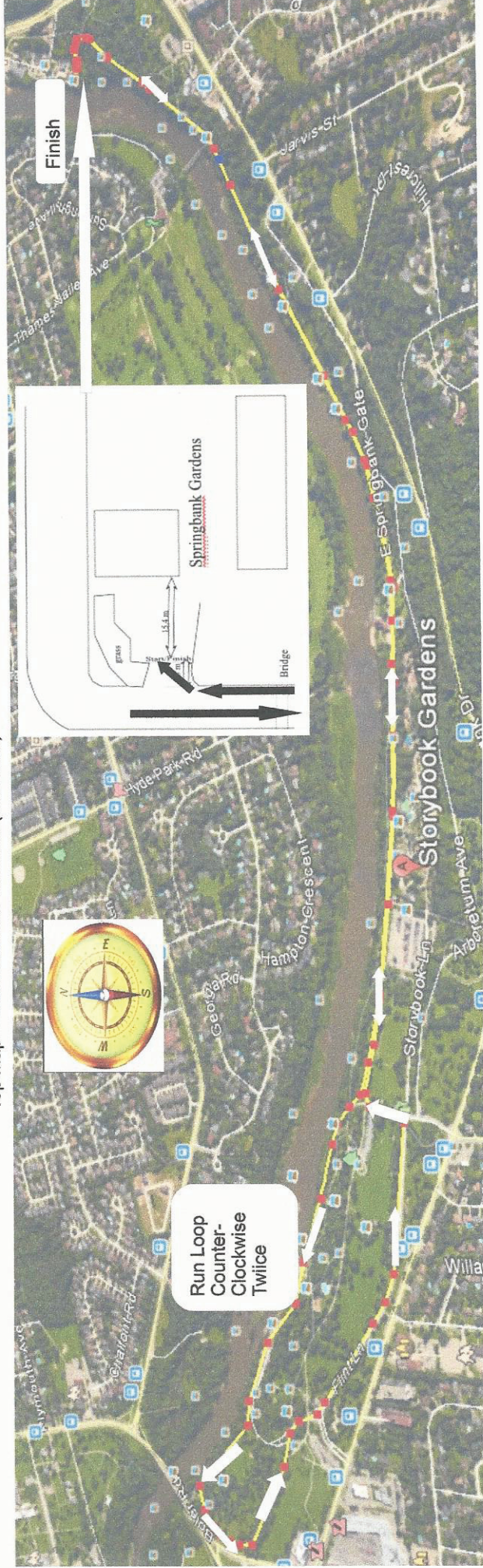


# Run for Retina Half Marathon (Flood Route)

Athletics Canada Certified  
**ON-2015-020-DRY**  
 Certification Expires Dec. 31, 2025



Top Map – first section of the race (Out/Back)



Bottom Map – second section of the race (Loop Course)

**Start** – is on 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 bikepath 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 bikepath under the Wharmcliffe Rd. Bridge to the exit by Prevost, across the King St. Pedestrian Bridge and follow the bike path north along the river to the Dundas St. Bridge. Runners stay on the sidewalk on the Dundas St. Bridge and then turn left onto the bikepath that goes by the fountains by the Thames River. This path goes under the Dundas St. Bridge and comes up on the west side of the Thames by the John Labatt Park. Runners continue north to the turnaround.

**Turnaround** – is 25.4 m N or N curb of Blackfriars St., 23.7 m S of first bench N of Blackfriars, on bikepath opposite 16<sup>th</sup> post of aluminum fence N of Blackfriars Bridge. Runners then retrace their path back to Wonderland Gardens. From there the runners proceed to the Maurice Chapman Walkway and into Springbank Park making two counter-clockwise loops at the west end of Springbank Park and then retrace their path to the finish in Springbank Gardens.

**Finish** – same as start.