



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course Défi des Semelles

Certificate number QC-2018-001-PTBA Distance 5.0 km Race date 2019-05-26

City Acton Vale Province Quebec

Race contact name Dave McQuillen Race contact email dave.mcquillen.csssry16@ssss.gouv.qc.ca

Course Information

Start elevation 90 Finish elevation 90

Elevation change 0 Percent separation 0.2%

Measurer Information

Measurer name Dave McQuillen

Measurement date 2018-08-14 Expiry date 2028-12-31

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

 Paul T.B. Adams

Signature of certifier

2018-09-05

Date

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



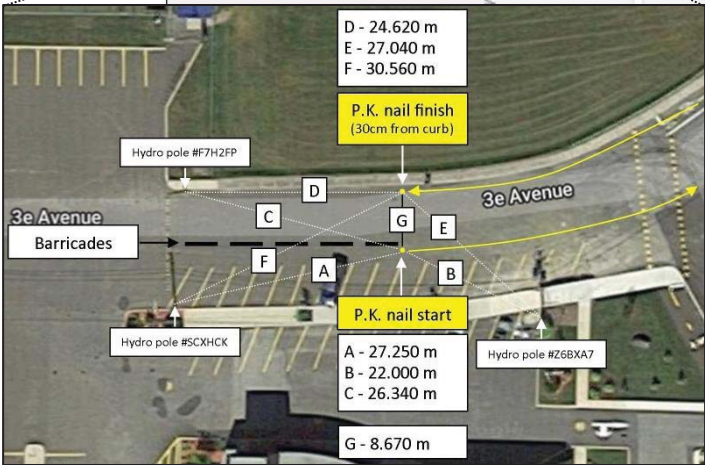
Défi des Semelles 5 km Acton Vale



Athletics Canada Certified
 QC-2018-001-PTBA
 Certification Expires December 31, 2028



Start/Finish
 Elevation at start/finish:
 90.000m/295.28 feet



Start in front of municipal sport complex on 3rd Avenue facing east. Runners have access to right lane (South). Right on Cardin ,access to both lanes (East and West). Left on Roy ,runners stay on the inside left lane (North). Left on Belair,runners stay on the inside left lane (West). Left on Provost, access to both lanes (East and West). Right on Deslandes, access to both lanes (North and South). Left on Belaire, access to both lanes (Northwest and Southeast). Left on 4th Avenue, access to both lanes (North and South). Right on Cardin, access to right lane (East). Left on 4th Rang, access to right lane (North). Right on Florance, access to both lanes (East and West). Left on Gauvin , access to both lanes (North and South). Gauvin street becomes Richard street, runners still have access to both lanes. Left on 4th Rang, access to both lanes until they reach Florance. 4th Rang between Florance and Cardin, runners have access to right lane only (South). Right on Cardin, access to right lane (West). Right on 3rd Avenue, access to right lane (South).