



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course Forest City 5 km Road Race
Certificate number ON-2024-003-DRY Distance 5.0 km Race date Jun 9, 2024
City London Province ON
Race contact name Arnie Spivey Race contact email spivey.arnie@gmail.com

Course Information

Start elevation 248 m Finish elevation 250 m
Elevation change (m/km) +0.4 m/km Percent separation 7.9%

Measurer Information

Measurer name Bernie Conway measurer@rogers.com 519-641-6889
Measurement date Mar 3, 2024 Expiry date Dec 31, 2033


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

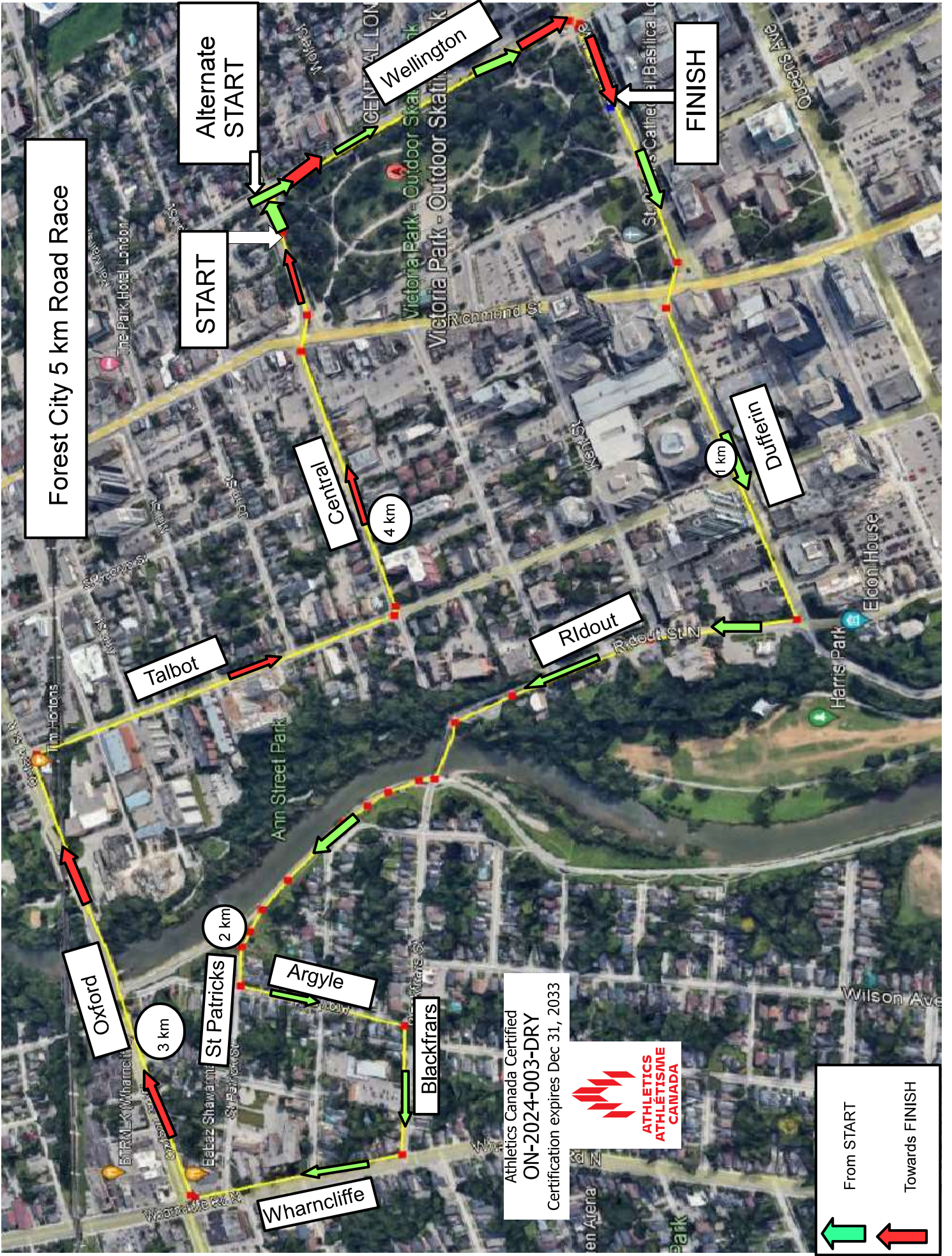
In the event a **National Open Record** is set on this course, or at the discretion of **Athletics Canada**, a validation remeasurement may be required to be performed by a qualified measurer. If such a remeasurement shows the course to be short, then all pending records will be rejected and the course certification will be cancelled.

As Nationally Certified by

 April 22, 2024
Signature of certifier Date

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





Forest City 5 km Road Race

START

Alternate START

Wellington

FINISH

Central
4 km

Dufferin
1 km

Talbot

Rldout

Oxford
3 km

St Patricks
2 km

Argyle

Blackfrats

Wharncliffe

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Certification expires Dec 31, 2033



From START
Towards FINISH

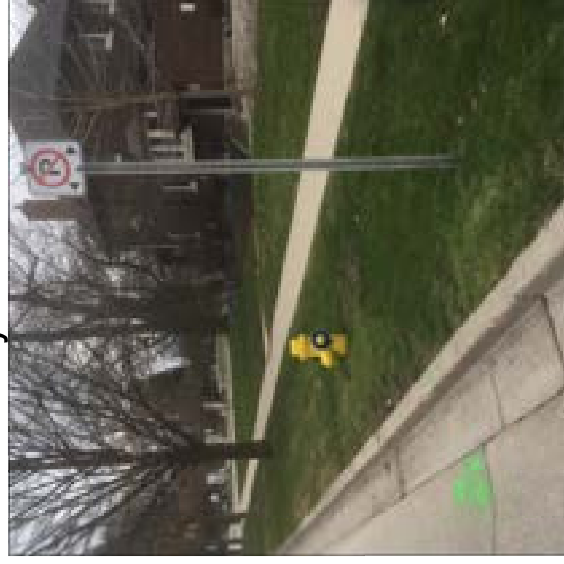
Forest City 5 km Road Race



Regular START

5 km Splits

- Start – 3.90 m W of first double parking meter on W of Wellington St on S side of Central Ave, 64.15 m W of W curb of Wellington St
- Alternate Start – 45.20 m N of N curb of Central Ave on Wellington St, 2.33 m N of fire hydrant in front of 609 Wellington St
- 1 km – on Dufferin Ave, 16.5 m E of E curb of Talbot St
- 2 km – N of Blackfriars Bridge, 22 m E of E side of 6 St Patrick's on bike path exit/entrance from main bike path along Thames River, 5 m E of glass enclosed neighbourhood sign
- 3 km – opposite the right hand side of the front door of 2 Oxford St W
- 4 km – Even with the E side of 128 Central Ave
- 5 km Finish – on N side of Dufferin Ave even with the W side of the Canada Life Building at S end of Victoria Park



Alternate START

Forest City 5 km Road Race

- Start on Central Ave., west of Wellington St. RCL
- Right (South) on Wellington St. RCL
- Right (West) on Dufferin Ave. To Bidout St. RCL left half.
- Right (North) on Bidout St to Blackfriars. ER
- Left (West) over Blackfriars Bridge to paved path along river. ER
- Short right turn (North) at the west end of the bridge onto the paved path. ER
- Left (West) turn onto St. Patrick's St. LCL
- Left (South) turn onto Argyle. ER
- Right (West) onto Blackfriars to Wharnclyffe. ER
- Right (North) on Wharnclyffe to Oxford. RCL
- Right (East) onto Oxford. RCL to Talbot.
- Right (South) on Talbot (RCL) to Central
- Left (East) onto Central RCL to Wellington
- Right (South) on Wellington to Dufferin. RCL
- Right (West) on Dufferin to Finish RCL right half

Note: Alternate Start on Wellington St. North of Central Ave.



FINISH

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