



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course Forest City 10 km Road Race
Certificate number ON-2024-004-DRY Distance 10.0 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 250 m Finish elevation 250 m
Elevation change (m/km) 0 m/km Percent separation 1.1%

Measurer Information

Measurer name Bernie Conway measurer@rogers.com 519-641-6889
Measurement date Mar 4, 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

Signature of certifier

April 22, 2024

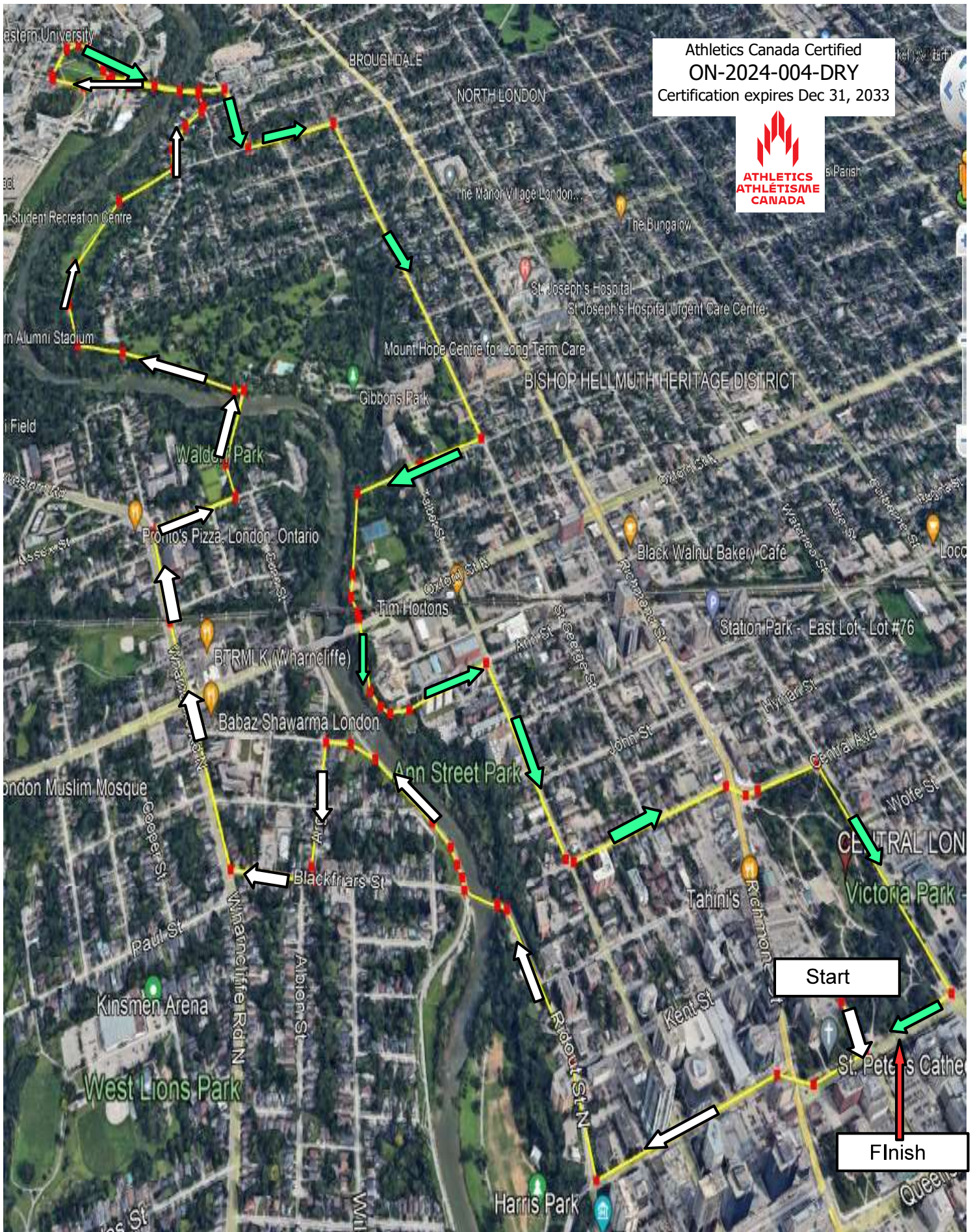
Date

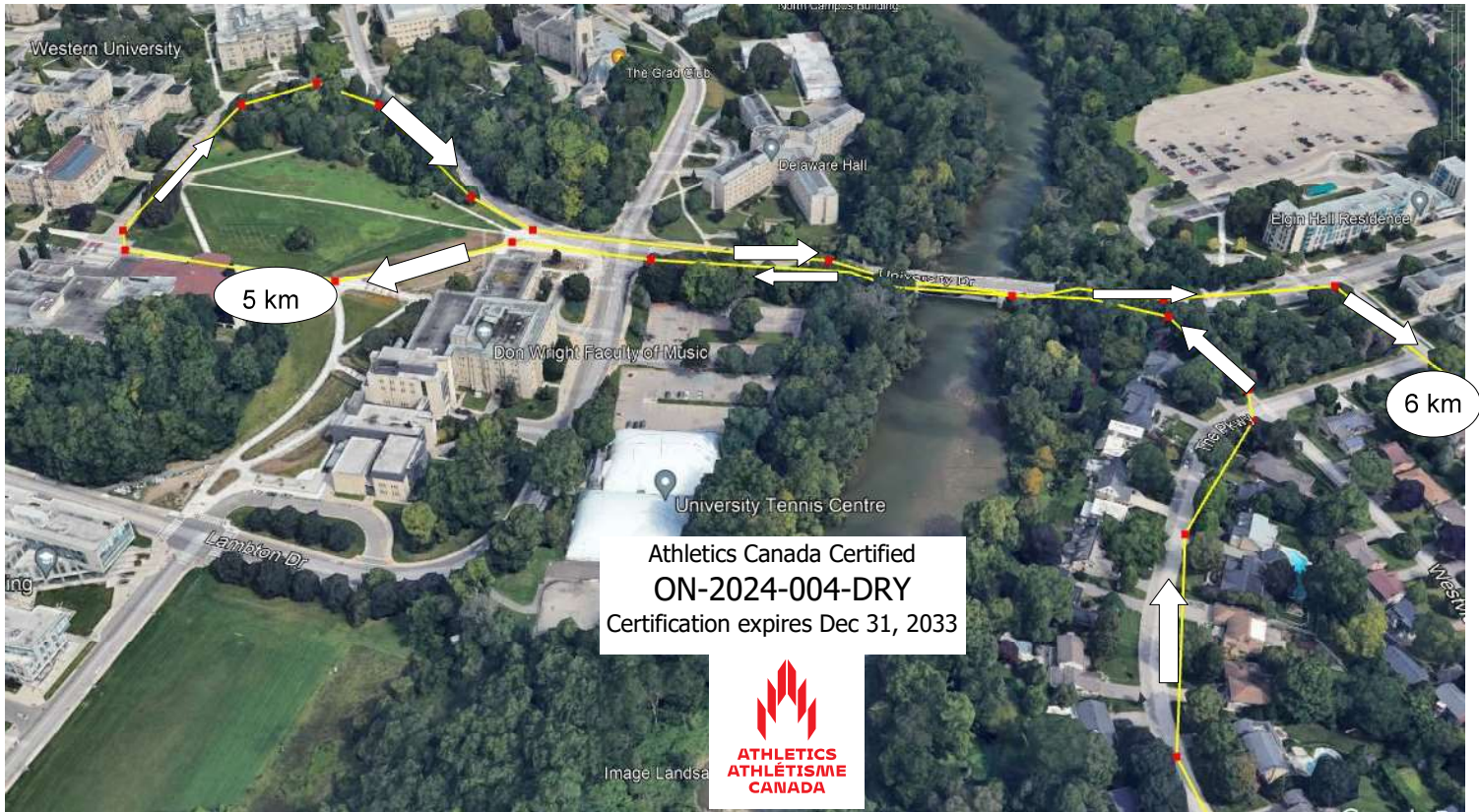
Any inquires regarding this certificate should be directed to coursemeasurement@athletics.ca



Forest City 10 km Road Race

Athletics Canada Certified
ON-2024-004-DRY
Certification expires Dec 31, 2033





Start – is on Clarence 80.2 m N of the N curb of Dufferin

1 km – Opposite “Share the Road” sign S of Blackfriars Bridge on Ridout.

2 km – is 5 m S of Empress Ave on Wharnccliffe

3 km – 34 m N of expansion joint on S end of bridge from Beaufort to Gibbons Park

4 km – 11 m W of 2 signs “Private Property Use at Own Risk” west of The Parkway on the Bikepath

5 km – 2 m N of lampost LB11 on west Walkway on University Hill N of Bridge.

6 km – middle of driveway at 1117 Sunset Dr.

7 km – on St. George, 24 m N of Cheapside.

8 km 19 m S of S end of wooden tennis wall on bikepath N of Oxford St.

9 km even with the E side of 128 Central Ave.

10 km Finish – on Dufferin in line with the W end of the Canada Life Building.

From Start on Clarence turn right (W) onto Dufferin (RCL), Continue West past Richmond, Talbot (RCL), and turn right onto Ridout (ER). Cross the Blackfriars Bridge (ER) and then turn right (N) onto bike path along the W side of the Thames River (ER). At the second exit turn left (W) onto St. Patricks St (ER) then left (S) onto Argyle (ER). At Blackfriars turn right (W) to Wharnccliffe. Head North on Wharnccliffe in the RCL to Beaufort. On Beaufort head East using the ER to paved bike path on East side of Lawnbowling Club. Follow path and cross the pedestrian bridge to Gibbons Park. Turn left onto main bikepath and follow it to its end at The Parkway. Turn left onto The Parkway (ER) and follow it to the bikepath opposite Westview . Turn left (N) onto the bikepath then left (W) onto University Drive (LCL) cross the Bridge and proceed to the Lambton & Middlesex intersection. Go up the paved path taking the path to the left path and proceed N up UC Hill, turn right (E) onto Kent Drive, then right (E) onto the paved Bike path along Middlesex Drive. Straight E on University Drive going over the bridge (LoC) to opposite path taken earlier. From there to Sunset use ER. Head East on Sunset. (ER) to Huron. E on Huron (ER) to St. George. Right (S) onto St George (RCL) Continue on St. George then turn right (W) onto St James. Continue W on St James (ER) onto the bikepath entrance. Turn left (S) onto the main bikepath and follow it under the Oxford St Bridge to the first Ann St. exit. Head E on Ann St (RCL) to Talbot St. Turn right (S) on Talbot (RCL) to Central. Turn left onto Central (RCL) from painted stop on Talbot to the painted stop on Central. On Central (RCL) head E to Wellington St, turn right (S) on Wellington and using the RCL proceed to Dufferin. Turn right and go W on Dufferin (RCL) to Finish.

ER Entire Road
 RCL Right Curb Lane
 RoC Right of Centre
 LCL Left Curb Lane
 LoC Left of Centre