



Athletics Canada/Run Canada  
**Measurement Certificate**

Name of the course HBC Run for Canada 10K Distance 10,000 m  
Location (province) Ontario (city) Toronto  
Type of course: road race ☒ calibration ☐ track ☐ Configuration partial loop  
Type of surface: paved 99.8% dirt % gravel % grass .2 % track %  
Altitude (feet/metres above sea level) Start 75m Finish 75m Highest 82m Lowest 75m  
Straight line distance between start & finish 0 m Drop 0 m/km Separation 0.0 %  
Measured by (name, address, & phone) Peter Pimm, 20 Prince Arthur Ave, # 50, Toronto, M5R 1B1, (416) 921-2442  
Race contact (name, address, phone, email, web site) Wendy Mladen, Trojan One, 33 Bloor St. W., Suite 809, Toronto, M4W 3T4  
Measuring methods: bicycle ☒ steel tape ☐ electronic distance meter ☐  
Number of measurements of entire course: 2 Date(s) when course measured June 3, 2007  
Race date: July 1, 2007 Course paperwork postmark date: June 4, 2007  
Certification code: ON-2007-004-JHC  
Replaces ON-2005-005-JHC (if applicable)

Notice to Race Director  
Use this Certification Code in *all* public  
announcements relating to your race.

***Be It Officially Noted That***

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 Athletics Canada/Run Canada. 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/Run Canada, a validation remeasurement may be required to be performed by a measurer recommended by Athletics Canada/Run Canada. If such a remeasurement shows the course to be short, then all pending records will be rejected and the course certification will be cancelled.

**Automatic Expiration** — This certification automatically expires ten years after date of issue.

This Certification expires on June 4 in the year 2017.

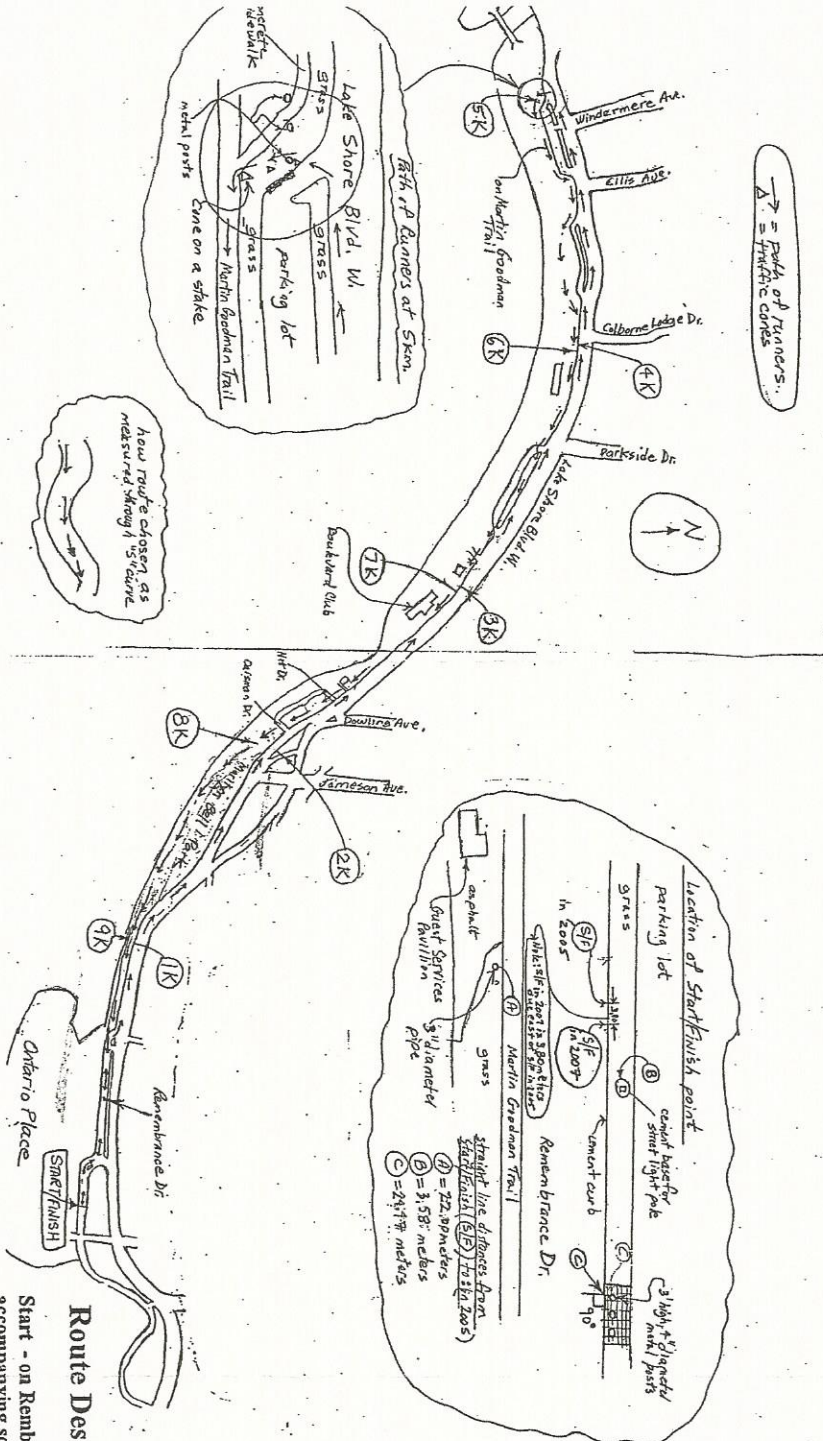
**AS NATIONALLY CERTIFIED BY:**

John Craig Date: June 13, 2007

John Craig - Athletics Canada/Run Canada National Certifier  
1185 Eglinton Ave. East, Suite 601, Toronto, Ont., M3C 3C6  
Phone: 905-881-8520 (H) 416-426-7214 (W) Fax: 416-426-7358 E-mail: ontrack@echo-on.net



# Hbc Run For Canada 10K - July 1, 2007 - Toronto, Ontario



## Hbc Run For Canada 10K in 2007 - Split Locations

Start - see accompanying Schematic

1 km. - on Lake Shore Blvd. W. - about 10 meters west of streetpole #293 - 1.2 meters west of double sewer grates

2 km. - on Lake Shore Blvd. W. - 7 meters west of pole #391

3 km. - on Lake Shore Blvd. W. - about 40 meters east of east side of Palais Royale - 10 meters east of sewer grate

4 km. - on Lake Shore Blvd. W. - about 13 meters east of Coburne Lodge Dr. - 3 meters east of sewer grate

5 km. - on grass to west of public parking lot located to the south of Windermere Ave. and the Lake Shore Blvd. W. - 7.5 meters north of Martin Goodman Trail

6 km. - 61 meters east of concrete steps at bottom of Coburne Lodge Dr. - on south side of Martin Goodman Trail

7 km. - on Martin Goodman Trail - 61.5 meters east of east side of Palais Royale (#1601)

8 km. - on Martin Goodman Trail - about 100 meters east of Oarman Dr. - 4 meters east of 18 inch diam. about 1.5 meters south of trail - just west of where the Martin Goodman Trail splits into the north and south branches

9 km. - on Martin Goodman Trail - about 155 meters east of Aquatic Dr. - 5.5 meters east of most east group of 3 manhole covers on the grass just north of the Martin Goodman Trail

10 km. (Finish) - same as Start

## Route Description of Hbc Run For Canada 10K - 2007

Start - on Remembrance Drive about 150 metres west of Ontario Place Blvd. - see accompanying schematic - go west then north around median then west using entire road to west end of road then northwest in lane used by motorists exiting onto Remembrance Dr. from the Lake Shore Blvd. W. to

Lake Shore Blvd. W. - then west in eastbound curb lane to the west end of public parking lot located at the south end of Windermere Ave. then south across entrance to parking lot onto

grass - then about 15 to 20 meters south to

Martin Goodman Trail - then east, and using entire asphalt Trail to where it merges onto

South branch of Martin Goodman Trail that is along the south side of Marilyn Bell Park (formerly along Aquatic Drive) - then east using entire trail to the eastern end of Marilyn Bell Park and beyond point where north branch of Martin Goodman Trail merges with South branch and then continuing on to the

Martin Goodman Trail, located immediately up the south of the Lake Shore Blvd. W. - then east to where it merges with

Remembrance Drive - then east, then south, then east to the

Finish - same as Start point