



*Athletics Canada/Run Canada*  
**Measurement Certificate**

Name of the course Thousand Island Parkway 5 km Distance 5 km  
 Location (city) Rockport (province) Ontario  
 Type of course: road race  calibration  track  Configuration: Out/Back  
 Type of surface: paved 100 % dirt      % gravel      % grass      % track      %  
 Elevation (meters above sea level) Start 90 m Finish 90 m Highest 90 m Lowest 83 m  
 Straight line distance between start & finish 0 m Drop 0 m/km Separation 0 %  
 Measured by (name, address, phone & e-mail) Kevin Dunbar, 15 MacPherson Ave. #15301,  
Kingston, ON, 613-541-0040  
 Race contact (name, address & phone) Tony Dunbar, Brockville, Ontario  
613-342-5461  
 Measuring Methods: bicycle  steel tape  electronic distance meter   
 Number of measurements of entire course: two Date(s) when course measured: Aug. 20, 2007  
 Race date: \_\_\_\_\_ Course paperwork submission date: Aug. 31, 2007  
 Replaces: \_\_\_\_\_ (if applicable) Certification code: ON-2007-076-BDC

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 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/Run 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.

***This certification expires on December 31 in the year 2017***

**AS NATIONALLY CERTIFIED BY:**

Bernard Conway Date: Sept. 3, 2007  
 Bernard Conway - Athletics Canada/Run Canada National Certifier  
 - IAAF/AIMS Grade A Measurer  
 - USATF/RRTC Final Signatory

67 Southwood Crescent, London, Ontario, Canada, N6J 1S8  
 Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: [measurer@rogers.com](mailto:measurer@rogers.com)

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# THOUSAND ISLANDS PARKWAY SK

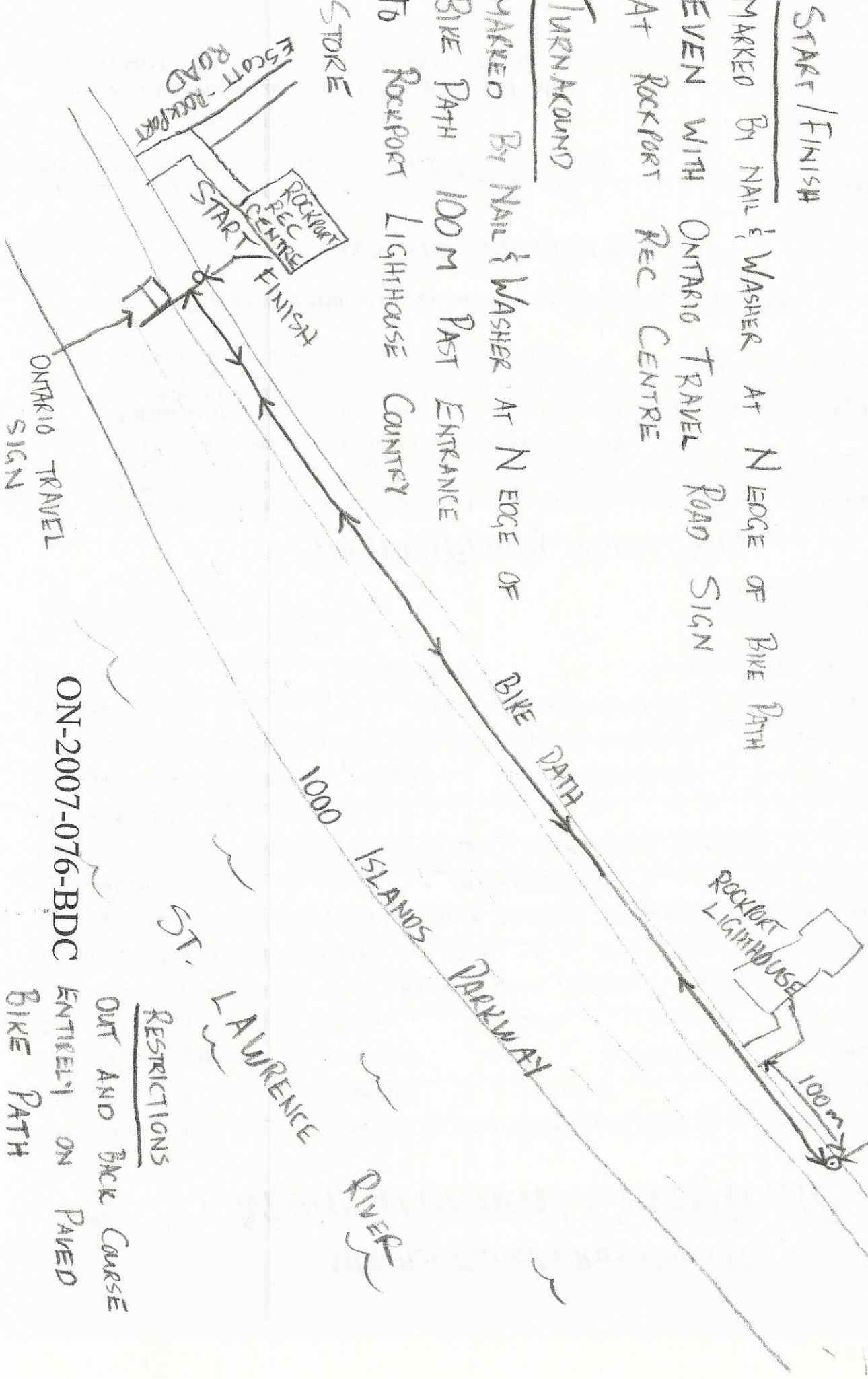
ROCKPORT, ON - measured for certification  
by KEVIN DUNBAR Aug 20, 2007

## START / FINISH

MARKED BY NAIL & WASHER AT N EDGE OF BIKE PATH  
EVEN WITH ONTARIO TRAVEL ROAD SIGN  
AT ROCKPORT REC CENTRE

## TURNAROUND

MARKED BY NAIL & WASHER AT N EDGE OF  
BIKE PATH 100M PAST ENTRANCE  
TO ROCKPORT LIGHTHOUSE COUNTRY  
STORE



TURNAROUND (2.5K)

### RESTRICTIONS

OUT AND BACK COURSE  
ENTIRELY ON PAVED  
BIKE PATH

ON-2007-076-BDC