



Athletics Canada/Run Canada Measurement Certificate

Name of the course Crystal Beach 5K Run/Walk Distance 5 km
Location (city) Crystal Beach (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 176 m Finish 176 m Highest 182 m Lowest 176 m
Straight line distance between start & finish 0 m Drop 0 m/km Separation 0 %
Measured by (name, address, phone & e-mail) Bob Laskowski, 254 Tuscarora Rd., Buffalo, NY
USA, 14220 716-822-0790
Race contact (name, address & phone) Bob Laskowski, 254 Tuscarora Rd., Buffalo, NY, USA,
14220 716-822-0790
Measuring Methods: bicycle ☒ steel tape electronic distance meter
Number of measurements of entire course: two Date(s) when course measured: Sept. 18, 2007
Race date: _____ Course paperwork submission date: Oct 4, 2007
Replaces: _____ (if applicable) Certification code: ON-2007-097-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: Oct. 5, 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

Crystal Beach 5-K Run/Walk

DISTANCE: 5-K

RACE DIRECTOR : Bob Laskowski

MEASURED: Sept. 18, 2007

BY: Bob Laskowski

- Erie Basin Marina 1000 feet calibrated course used.
- Runners have access to one side of the road.
- All reference points marked with 2" PK (Parker-Kalon) nails, then sprayed with orange fluorescent paint.

Stat & Finish: On Erie Rd. directly in-line with utility pole #3210 located on opposite side of Road and 98'-1" East from center of Belfast Rd.

1- Mile: On Erie Rd. directly in-line with utility pole #4363 located on opposite side of road and in-front of 4363 Erie Rd.

Turn-Around: On Erie Rd. directly in-line with center of driveway of 4447 Erie Rd.

2- Mile: On Erie Rd. directly in-line with Fire Hydrant D-254 and in front 4389 Erie Rd.

3- Mile: On Erie Rd. directly in-line with center of Derby Rd.

