



Athletics Canada/Run Canada Measurement Certificate

Name of the course Rattle Me Bones 10K Distance 10 km
Location (city) Ottawa (province) Ontario
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Loop
Type of surface: paved 100 % dirt % gravel % grass % track %
Elevation (meters above sea level) Start 82 ft Finish 82 ft Highest 85 ft Lowest 75 ft
Straight line distance between start & finish 200 m Drop 0 m/km Separation 2 %
Measured by (name, address, phone & e-mail) John Halvorsen, 37 Pentland Crescent
Kanata, Ontario, K2K 1V6 & Manny Rodrigues, 218 Florence St., Ottawa
Race contact (name, address & phone) Kent Woodhall, c/o Ottawa Hospital
1053 Carling Ave., Ottawa, ON, K1Y 4E9 613-798-5555 (ext. 14508)
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐
Number of measurements of entire course: two Date(s) when course measured: Oct. 14, 2007
Race date: Course paperwork submission date: Oct. 23, 2007
Replaces: (if applicable) Certification code: ON-2007-107-BDC

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

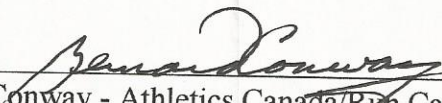
Be It Officially Noted That

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:

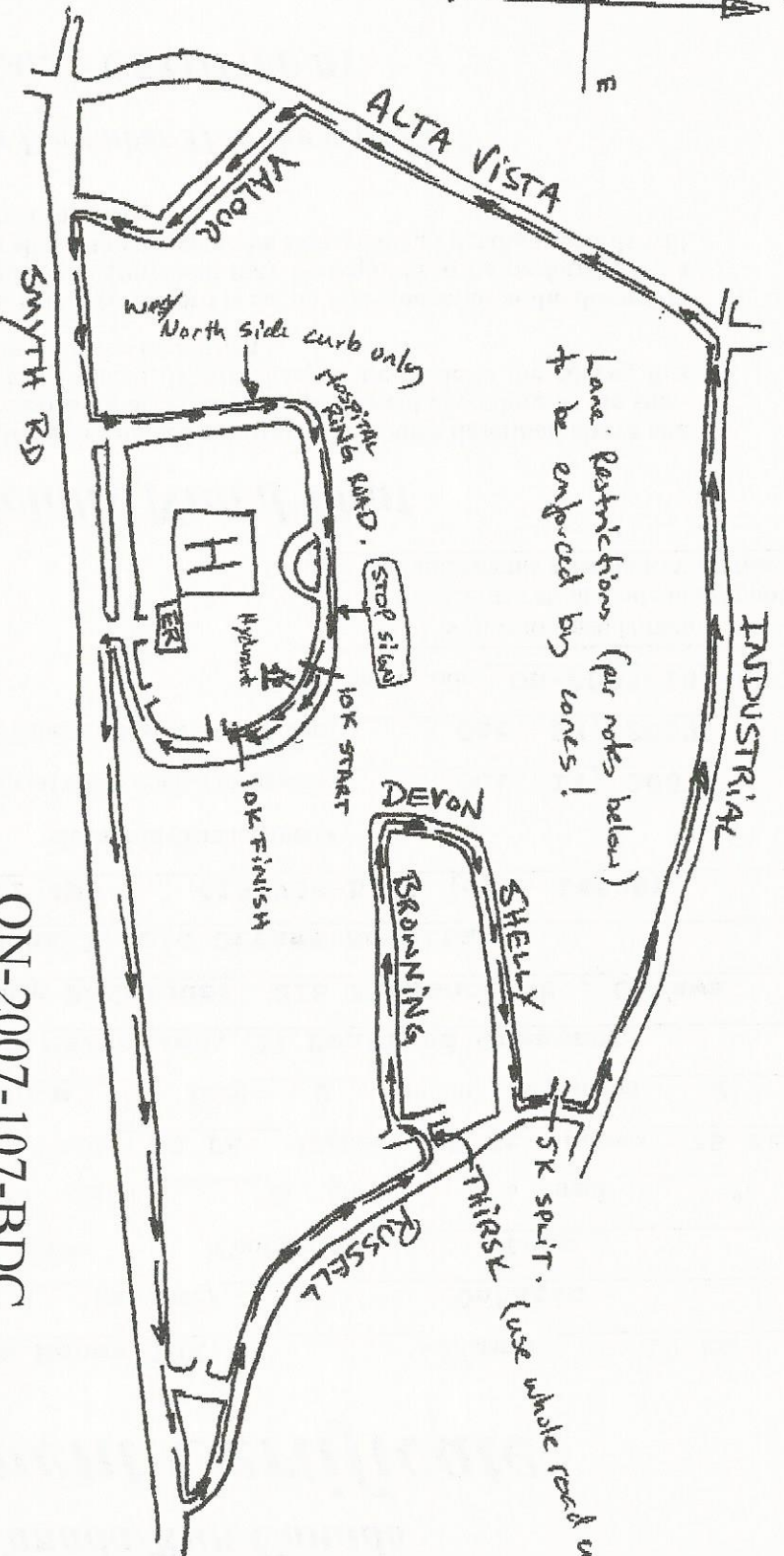

Bernard Conway - Athletics Canada/Run Canada National Certifier
- IAAF/AIMS Grade A Measurer
- USATF/RRTC Final Signatory

Date: Oct. 24, 2007

67 Southwood Crescent, London, Ontario, Canada, N6J 1S8

Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: measurer@rogers.com

(by: John Halverson)



ON-2007-107-BDC

NOTES:

- NOTES:
- ① START: 12 (twelve) meters west of firehydrant on Hospital Ring Road.
 - ② FINISH: North side of storm sewer at entrance to Eye Institute / critical Care wing.
 - ③ ON HOOSPITAL RING ROAD RUNNERS HAVE WHOLE ROAD BETWEEN STOP SIGN AT JCTO entrance (East side) to exit to Smyth RD by the ER entrance.
 - ④ ON Smyth runners use North lane only (~~West~~ West Bound)
 - ⑤ ON Russell runners use South lane only (~~West~~ East Bound).
 - ⑥ ON Browning use North lanes only (West Bound)
 - ⑦ ON Devon use East lanes only (North Bound)
 - ⑧ ON Shelly runners cross and use North lanes only (West Bound)
 - ⑨ ON Industrial runners use South lane only (East Bound)
 - ⑩ ON Alte Vista and Valour runners use East lane only (North Bound)