



Athletics Canada/Run Canada  
**Measurement Certificate**

Name of the course Carrotfast 5K Run Distance 5,000 m  
Location (province) Ontario (city) Bradford  
Type of course: road race ☒ calibration ☐ track ☐ Configuration one loop  
Type of surface: paved 100 % dirt    % gravel    % grass    % track    %  
Altitude (feet/metres above sea level) Start 867ft Finish 867ft Highest 870ft Lowest 850ft  
Straight line distance between start & finish 0 m Drop 0 m/km Separation 0 %  
Measured by (name, address, & phone) Peter Pimm, 20 Prince Arthur Ave, # 5D, Toronto, M5R 1B1, (416) 921-2442  
Race contact (name, address, phone, email, web site) Craig McLaughlin, 15 Kathryn Ct., Bradford, ON, L3Z 2A6, (905) 775-3537  
Measuring methods: bicycle ☒ steel tape ☐ electronic distance meter ☐  
Number of measurements of entire course: 2 Date(s) when course measured August 15, 2008  
Race date September August 16, 2008 Course paperwork postmark date: September, 2008

Certification code: ON-2008-003-JHC

Replaces:

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.

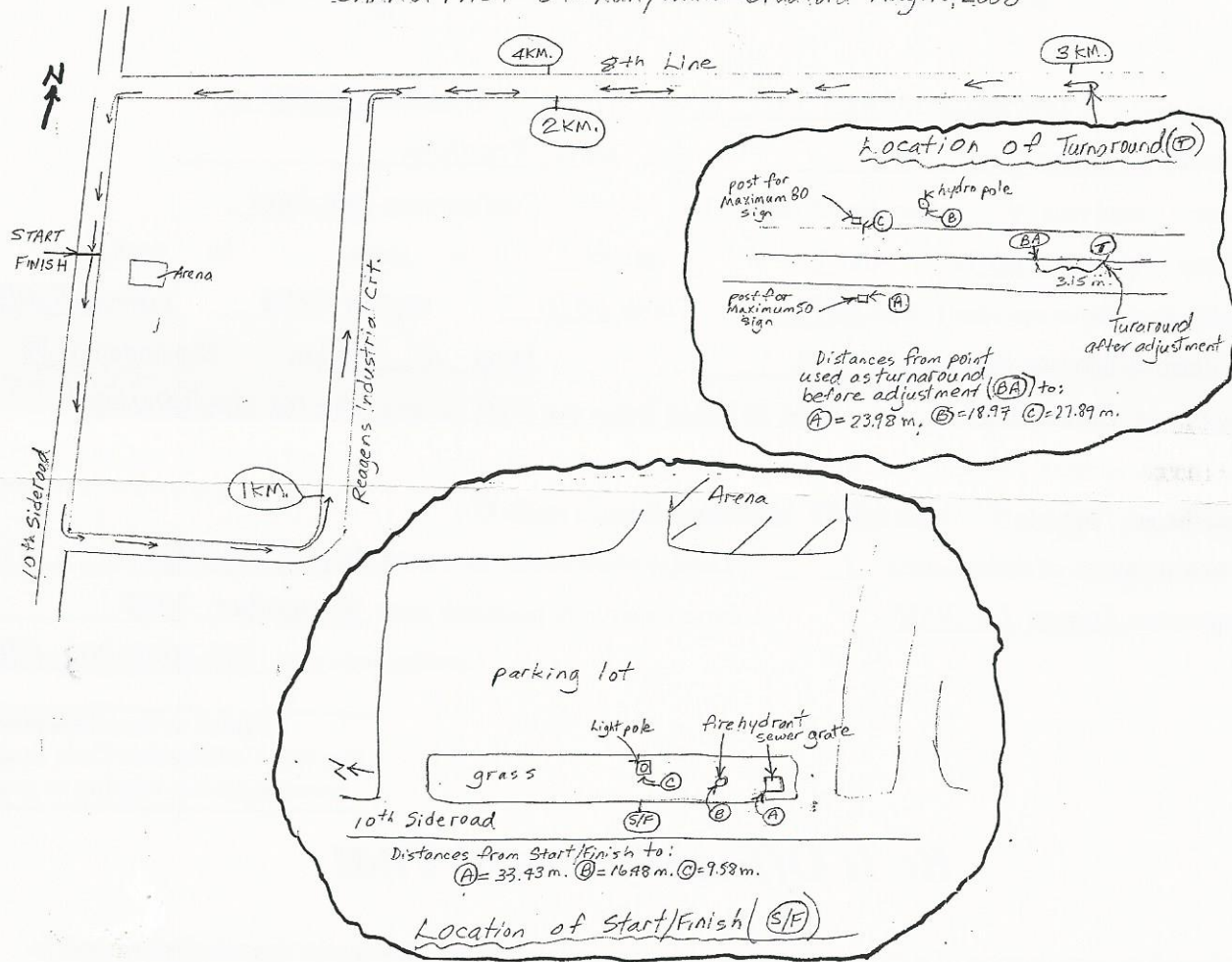
This Certification expires on October 9 in the year 2018.

**AS NATIONALLY CERTIFIED BY:**

Date: October 9, 2008

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

# CARROTFAST 5K Run/Walk - Bradford Aug. 16, 2008



## Route Description of Carrotfast 5 k Run/Walk

Start - on 10<sup>th</sup> Sideroad (see accompanying diagram on map) - go south using entire road to

Reagens Industrial Ct. - go east, then north using entire road to

8<sup>th</sup> Line - go east using entire road to

A turnaround (see accompanying diagram on map) - go around and west on

8<sup>th</sup> Line - go west using entire road to

10<sup>th</sup> Sideroad - go south using entire road to

Finish (see accompanying diagram on map)

## Split Locations

1 km. - on Reagens Industrial Ct. - 5 meters north of fire hydrant - about 75 meters north of corner

2 km. - on 8<sup>th</sup> Line - 0.5 meters east of west edge of property #2944's driveway

3 km. - on 8<sup>th</sup> Line - 12 meters west of hydro pole #P10334

4 km. - on 8<sup>th</sup> Line - 8 meters west of the west side of property #2944's driveway