



Athletics Canada/Run Canada Measurement Certificate

Name of the course Run For Retina 10 km Distance 10 km
Location (city) London (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 232 m Finish 232 m Highest 238 m Lowest 232 m
Straight line distance between start & finish 0 m Drop 0 m/km Separation 0 %
Measured by (name, address, phone & e-mail) Bernard Conway 67 Southwood Crescent,
London, Ontario, N6J 1S8 519-641-6889
Race contact (name, address & phone) c/o Running Room 620 Richmond St.,
London, Ontario, N6A 5S8 519-438-8500
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐
Number of measurements of entire course: 2 Date(s) when course measured: July 16, 2008
Race date: Course paperwork submission date: July 22, 2008
Replaces: ON-2003-010-BDC (if applicable) Certification code: ON-2008-043-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 2018

AS NATIONALLY CERTIFIED BY:

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

Date: July 22, 2008

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

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

Run For Retina 10 km

Start - even with second lamppost south of the John Labatt Stage on bikepath leading to stage.

1 km - 151.7 m east of the east side of the Wharncliffe Rd. Bridge on the bikepath.

2 km - 64.4 m east of the "Naturalization" sign at the east end of Greenway Park.

3 km - 2 m east of new "water level indicator" by the Sewage Treatment Plant.

4 km - on bikepath leading to Saturn Park, 21 m north of road through Greenway Park.

5 km (Turnaround) - 37.92 m west of the caution sign on boulevard at intersection of new bikepath through the renovated Wonderland Gardens (now called Springbank Gardens) and the original bikepath between the Guy Lombardo Museum and Springbank Park..

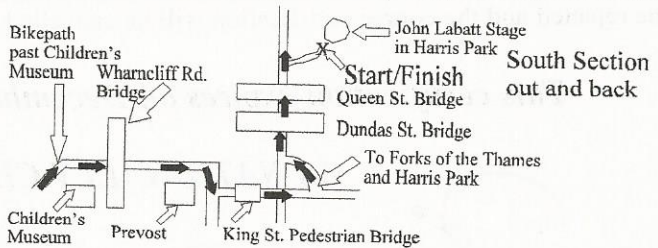
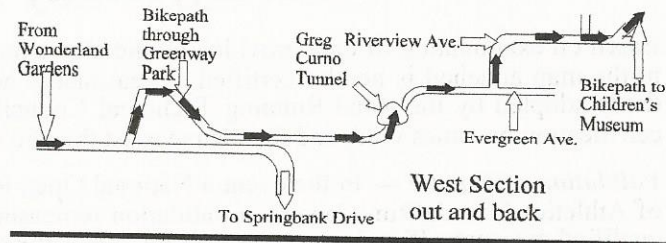
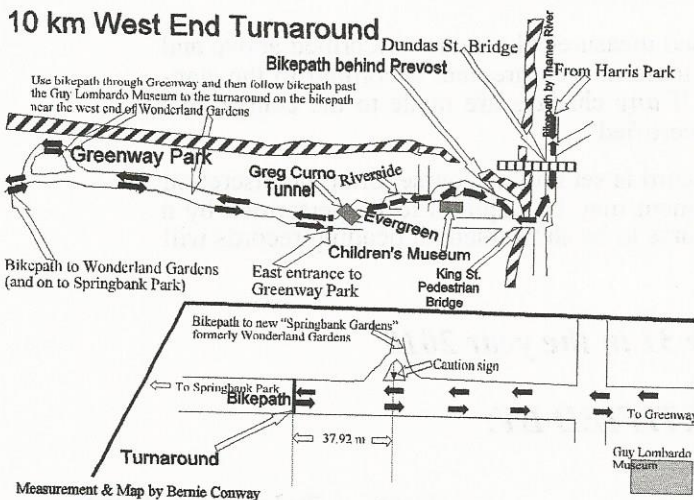
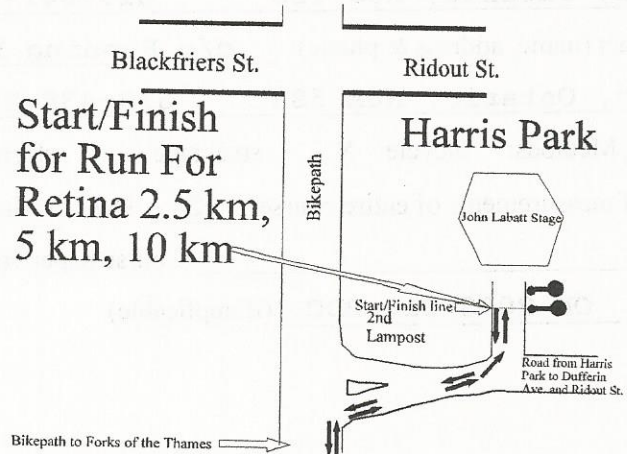
6 km - same as the 4 km mark.

7 km - same as the 3 km mark.

8 km - same as the 2 km mark.

9 km - same as the 1 km mark.

10 km (Finish) - same as the start.



ON-2008-043-BDC