



Athletics Canada/Run Canada
Measurement Certificate

Name of the course 5 K Coteau-Du-Lac Distance 5 km
Location (city) Coteau-Du-Lac (province) Québec
Type of course: road race calibration track Configuration: One Loop
Type of surface: paved 100 % dirt % gravel % grass % track %
Elevation (meters above sea level) Start 47 m Finish 48 m Highest 48 m Lowest 45 m
Straight line distance between start & finish 750 m Drop -0.2 m/km Separation 15 %
Measured by (name, address, phone & e-mail) André Paquette 4560 Roger, Pierrefonds, QC
N9J 1Z5 514-624-1310
Race contact (name, address & phone) Alex Maclean 540, Saint-Grégoire,
Les Cédres, QC, J7T 3A4 450-452-4252
Measuring Methods: bicycle steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: April 27, 2008
Race date: _____ Course paperwork submission date: May 15, 2008
Replaces: _____ (if applicable) Certification code: QC-2008-023-BDC

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

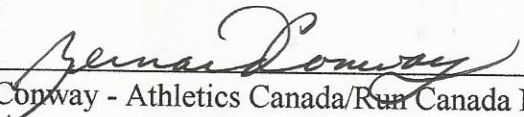
Be It Officially Noted That

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

Date: May 17, 2008

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

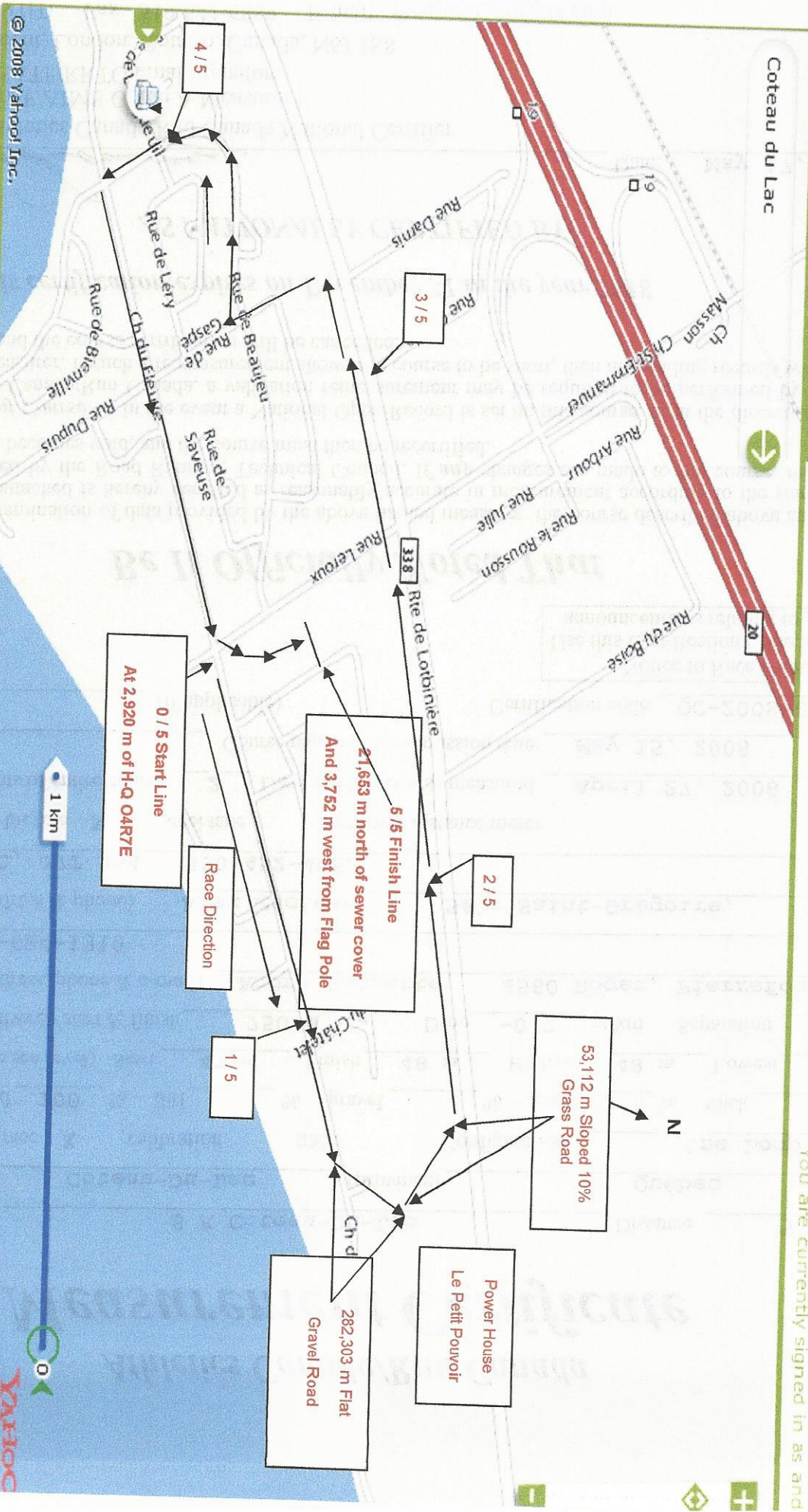
Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: measurer@rogers.com

5 K COTEAU-DU-LAC

running map.com

Sign out

You are currently signed in as and



Start – 2,920 m south of Hydro-Québec post No. “OAR7E” at the South-East corner of St. Emmanuel Road on Chemin du Fleuve

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