



Athletics Canada/Run Canada Measurement Certificate

Name of the course La Course Saint-Laurent 10 km Distance 10 km
Location (city) Saint-Laurent (province) Québec
Type of course: road race ☒ calibration track Configuration: Loop
Type of surface: paved 100 % dirt _____ % gravel _____ % grass _____ % track _____ %
Elevation (meters above sea level) Start 35 m Finish 35 m Highest m Lowest m
Straight line distance between start & finish 206 m Drop 0 m/km Separation 2 %
Measured by (name, address, phone & e-mail) Laurent Lacroix, Mario Blain, André Paquette,
Claude Beaudet, Marie-H Paquette, Christine Bush, Mark McGowan, S. Goudreau
Race contact (name, address & phone) _____

Measuring Methods: bicycle ☒ steel tape electronic distance meter
Number of measurements of entire course: 8 Date(s) when course measured: July 12, 2008
Race date: _____ Course paperwork submission date: July 22, 2008
Replaces: _____ (if applicable) Certification code: QC-2008-047-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.

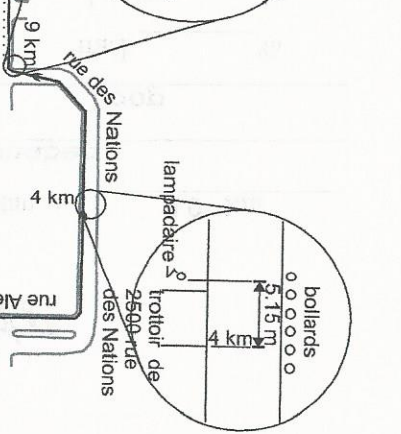
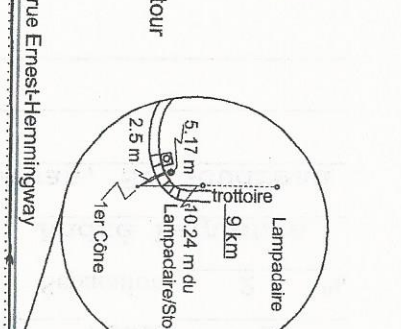
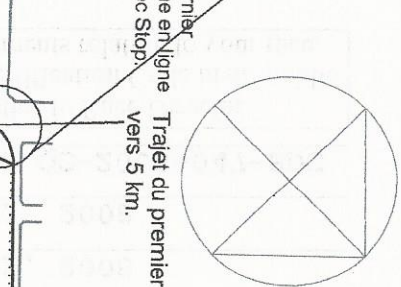
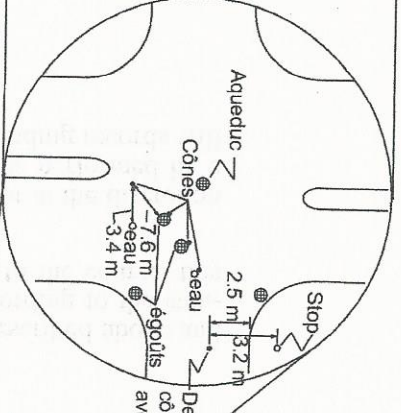
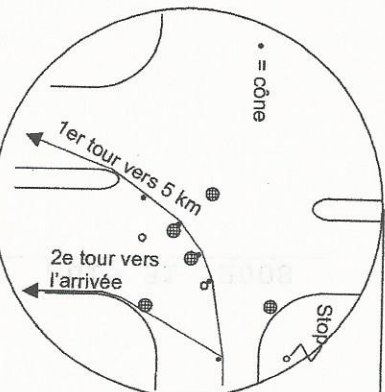
Validation of Course — In the event a National Open Record is set on this course, or at the discretion of Athletics Canada/Run Canada, a validation remeasurement may be required to be performed by a qualified measurer. If such a remeasurement shows the course to be short, then all pending records will be rejected and the course certification will be cancelled.

This certification expires on December 31 in the year 2018

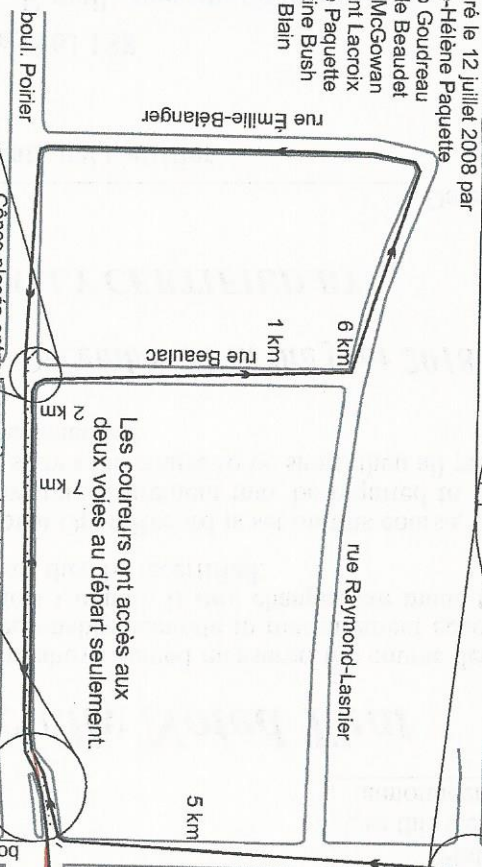
AS NATIONALLY CERTIFIED BY:

Bernard Conway Date: July 31, 2008
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

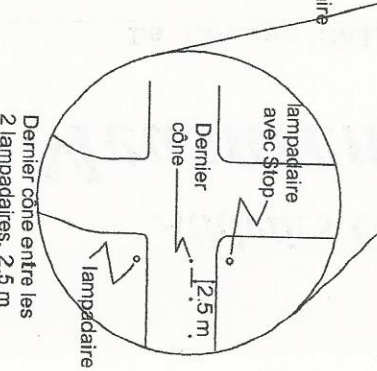
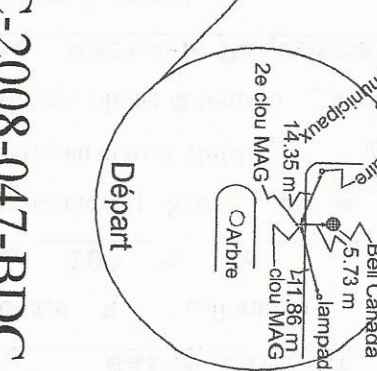
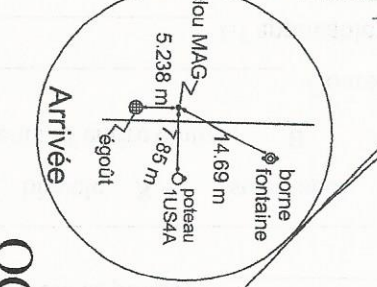
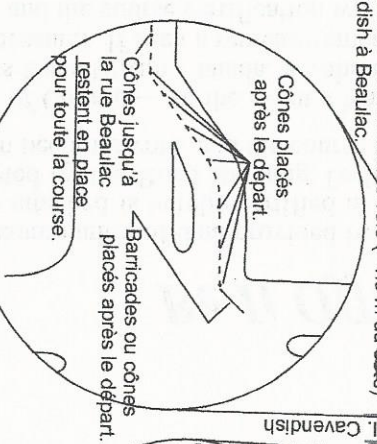
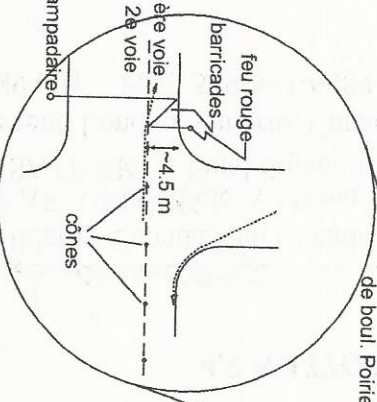


Mesuré le 12 juillet 2008 par
 Marie-Hélène Paquette
 Sylvio Goudreau
 Claude Beaudet
 Mark McGowan
 Laurent Lacroix
 André Paquette
 Christine Bush
 Mario Blain



Les coureurs ont accès aux
 deux voies au départ seulement.

Cônes placés entre la première et la deuxième voie (~4.5 m de côté)
 de boul. Poirier de Cavendish à Beaulac.



La Course St-Laurent

Trajet du deuxième tour,
 vers l'arrivée.

Arrivée

Départ

Entrée des
 allées municipales

l'homme
 Bell Canada

l'arbre

l'arbre

l'arbre

l'arbre

l'arbre

l'arbre

QC-2008-047-BDC

- 1 km: rue Beaulac, 9.6 m sud-est de l'entrée du stationnement des employés
- 2 km: boul. Poirier, 23 m nord-est de la boîte Electromega à Poirier et Beaulac
- 3 km: boul. Poirier, en face du cabinet haut voltage CSIV 410, près du lampadaire au sud du panneau du Parc Marcel-Laurin
- 4 km: rue des Nations, côté nord-est du trottoir de l'adresse 2500
- 5 km: boul. Cavendish 3.5 m nord de la borne fontaine à mi-chemin entre Raymond-Lasnier et Poirier
- 6 km: carrefour de Beaulac et Raymond-Lasnier
- 7 km: boul. Poirier, 32 m nord-est de la tour HydroQC au nord de Beaulac
- 8 km: boul. Poirier, poteau central, côté sud-est de la pagode d parc Marcel-Laurin
- 9 km: rue des Nations, 5.5 m nord-ouest du lampadaire/STOP à rue des Nations et Ernest-Hemingway