



# Athletics Canada/Run Canada Measurement Certificate

Name of the course La Grande Vadrouille 5K Distance 5 km  
Location (city) Vadrouille (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 25 m Finish 25 m Highest 27 m Lowest 23 m  
Straight line distance between start & finish 500 m Drop 0 m/km Separation 10 %  
Measured by (name, address, phone & e-mail) Christine Bush 130 Maria, Lasalle, QC  
H8R 3M1 514-365-2274 & Mark McGowan  
Race contact (name, address & phone) Jean Pierre Champagne 25 rue Émard,  
Vaudreuil-Dorion, QC, J7V 7N9  
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐  
Number of measurements of entire course: 2 Date(s) when course measured: Oct. 5, 2008  
Race date:                      Course paperwork submission date: Oct. 11, 2008  
Replaces:                      (if applicable) Certification code: QC-2008-075-BDC

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

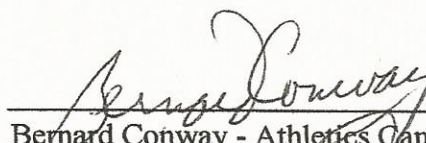
## Be It Officially Noted That

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: Oct. 16, 2008

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

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# La Grande Vadrouille 5K

## Notes:

Measured on October 5, 2008 by Mark McGowan and Christine Bush

Course start finish area is at Polyvalente Cité des Jeunes campus and is run entirely on paved city streets. Runners have run of the road for aprx. 50% of the course. The balance is restricted with the use of cones as indicated on map.

- 1k - 5.1m N of lampost / 41m NE from red hydrant on grass
- 2k - 2m NNE of manhole on same side of street / in front of 146 Quimet / 15.5m NW from blue hydrant
- 3k - 11.8m SW from manhole on same side of road / 5m SW from hydro pole on grass
- 4k - Near gate to parking school bus parking / 29.2m S of green pumpstation / 38.4m NW of manhole

