



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Classique du Parc Lafontaine 10K Distance 10 km  
Location (city) Montréal (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 49 m Finish 41 m Highest 52 m Lowest 30 m  
Straight line distance between start & finish 144 m Drop 0.8 m/km Separation 1.4 %  
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-2008-078-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:**

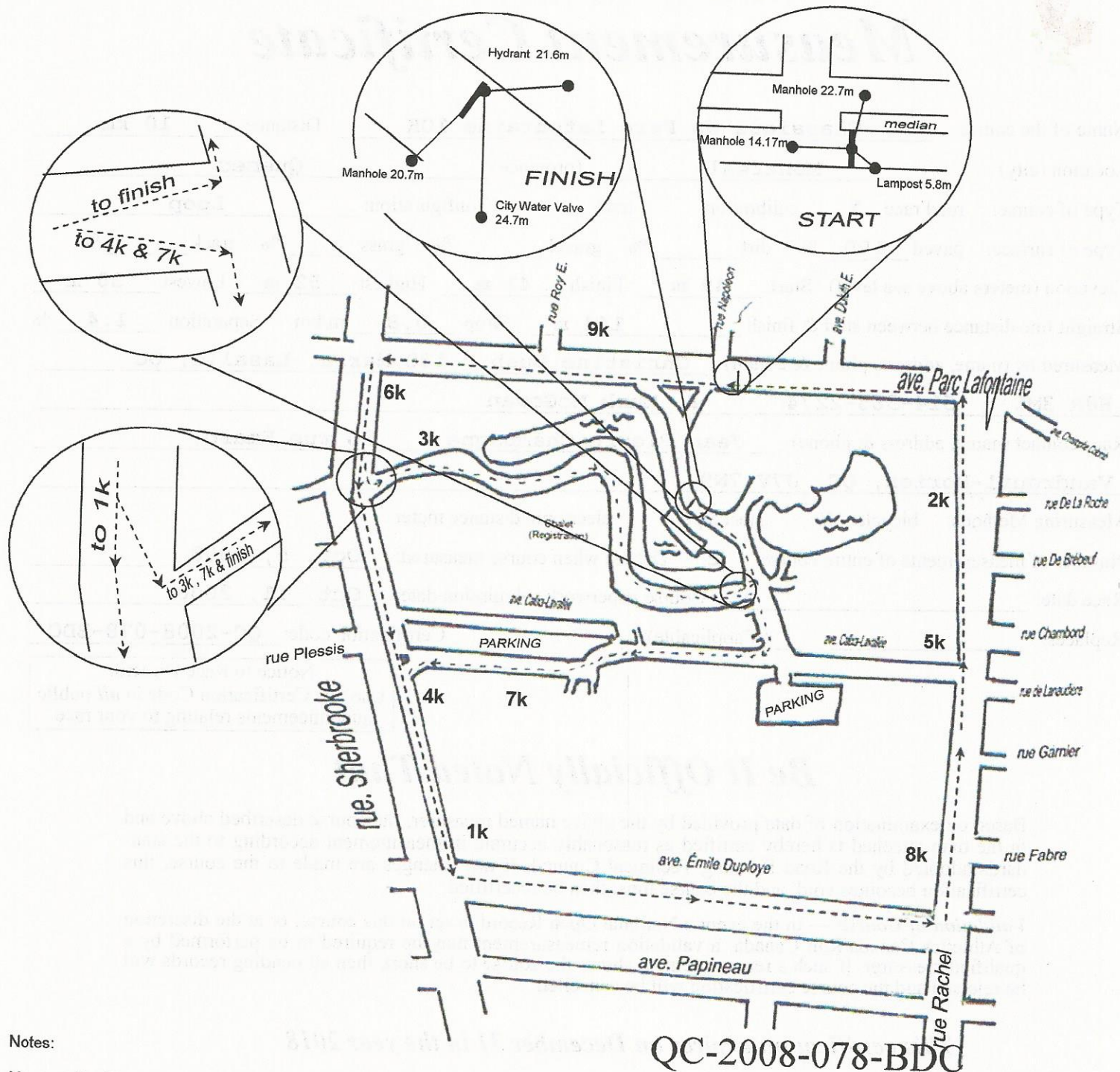
Bernard Conway Date: Oct. 16, 2008  
Bernard Conway - Athletics Canada/Run Canada National Certifier  
- IAAF/AIMS Grade A Measurer  
- USATF/RRTC Final Signatory

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

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



# Classique du Parc La Fontaine 10k



Notes:

Measured by Mark McGowan & Christine Bush Sept. 11, 2008

Course is run entirely on paved surface, a mix of city streets and paths through park.

- 1k - On rue Sherbrooke, 8.5m from street light on north west corner of Sherbrooke & Émile Duployée
- 2k - In front of 1201 rue Rachel, north west corner of Rachel & De La Roche 9.2 m from street light pole.
- 3k - 20.9 m from hockey sign in back of l'Institut de la Santé de Montréal at 1301 Sherbrooke East.
- 4k - 2.3m from light post on north west corner of rue Plessis & rue Sherbrooke, in front of 1392 Plessis.
- 5k - 7.7m from street light on south west corner of intersection of rue Rachel, rue de Lanaudière & ave. Calixa-Lavallée
- 6k - 10.3m from bus shelter on north east corner of rue Cherrier & ave. Parc Lafontaine, and 14.2m from light post on corner of rue Cherrier & ave. Parc Lafontaine.
- 7k - In front of 3696 ave. Calixa-Lavallée, 3.6m from parking sign on east side of parking lot on walking path.
- 8k - 6.7m from light post on south west side corner of rue Fabre & of rue Rachel
- 9k - In front of 3776 rue Parc Lafontaine east side of intersection with rue Roy E.



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