Athletics Canada/Run Canada Measurement Certificate

				•		
Name of the course Location (city)	Course Popu	llaire Las	alle	D'	gen to know as historia	vTraO ~si*
	asalle	(province)			49	5 km
Todd face A	calibration	track	Configura	tion:	T	
Type of surface: paved 100 % Elevation (meters above sea level) Straight line distance between the search of the surface between the search of the surface between the search of the se	dirt tart22 m	% gravel	% {	grass	% track	%
Measured by (name, address, phone &	e-mail)	m Christine	Drop 0.	4 m/km	Separation	0.8 %
& Mark McGowan 130 Race contact (name, address & phone) H9S 2L5 514-631-1885	Maria, Las Mike St	alle, QC,	H8R 3M1	514-	365-2274	
Measuring Methods: bicycle X Number of measurements of entire cou Race date: Replaces:	rse: 2 Dat	te(s) when cour	se measured.	Oct 3	30, 2008	
Replaces:	_ (if applicable)	puper work sum		cation code:	QC-2008-	
				Use this Cert	ce to Race Directification Code tents relating to	in all public

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:

So. P					
Bernard Conway - Athletics Canada/Rup Canada National Certifier	D	ate: _	Dec.	17,	2008
Tag 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

Course Populaire Lasalle 5k

Notes:

QC-2008-098-BDC

Measured by Mark McGowan & Christine Bush October 30, 2008

Course is run entirely on paved city street surface.

1k – On Central in front of bus stop near intersection with 31st Ave. 4.5m northeast from manhole on south side of Central, 24.6m east from manhole on north side of Central.

2k- On Dollard near bend in road with Champlain, in front of Bell Canada manhole on grass to east 15.5m from road, 6.4m south of lamppost on east side of Dollard.

3k- On south side of de la Verandrye, 45.7m from fire hydrant on north side directly across , 26.5m from manhole on south side to east.

Champlain

4k – On north side of Champlain near intersection with Raymond 2.7m from lamppost to the northwest & 4.5m southeast from manhole.

Manhole 3.6m

Manhole 15.5m

