



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Spring Run-Off Distance 3 km  
Location (city) London (province) Ontario  
Type of course: road race ☒ calibration track Configuration: Out/Back  
Type of surface: paved 100 % dirt      % gravel      % grass      % track      %  
Elevation (meters above sea level) Start 237 m Finish 234 m Highest 240 m Lowest 234 m  
Straight line distance between start & finish 50 m Drop 0.6 m/km Separation 1.7 %  
Measured by (name, address, phone & e-mail) Bernard Conway 67 Southwood Crescent  
London, Ontario, N6J 1S8 519-641-6889  
Race contact (name, address & phone) Paul Roberts c/o Runners' Choice  
207 Dundas St., London, Ontario, N6A 1G4 519-672-5928  
Measuring Methods: bicycle ☒ steel tape electronic distance meter  
Number of measurements of entire course: 2 Date(s) when course measured: Mar. 24, 2009  
Race date: Apr. 25, 2009 Course paperwork submission date: Mar. 29, 2009  
Replaces:      (if applicable) Certification code: ON-2009-016-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 2019*

**AS NATIONALLY CERTIFIED BY:**

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

Date: Mar. 29, 2009

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)

## Spring Run-Off 3 km Road Race

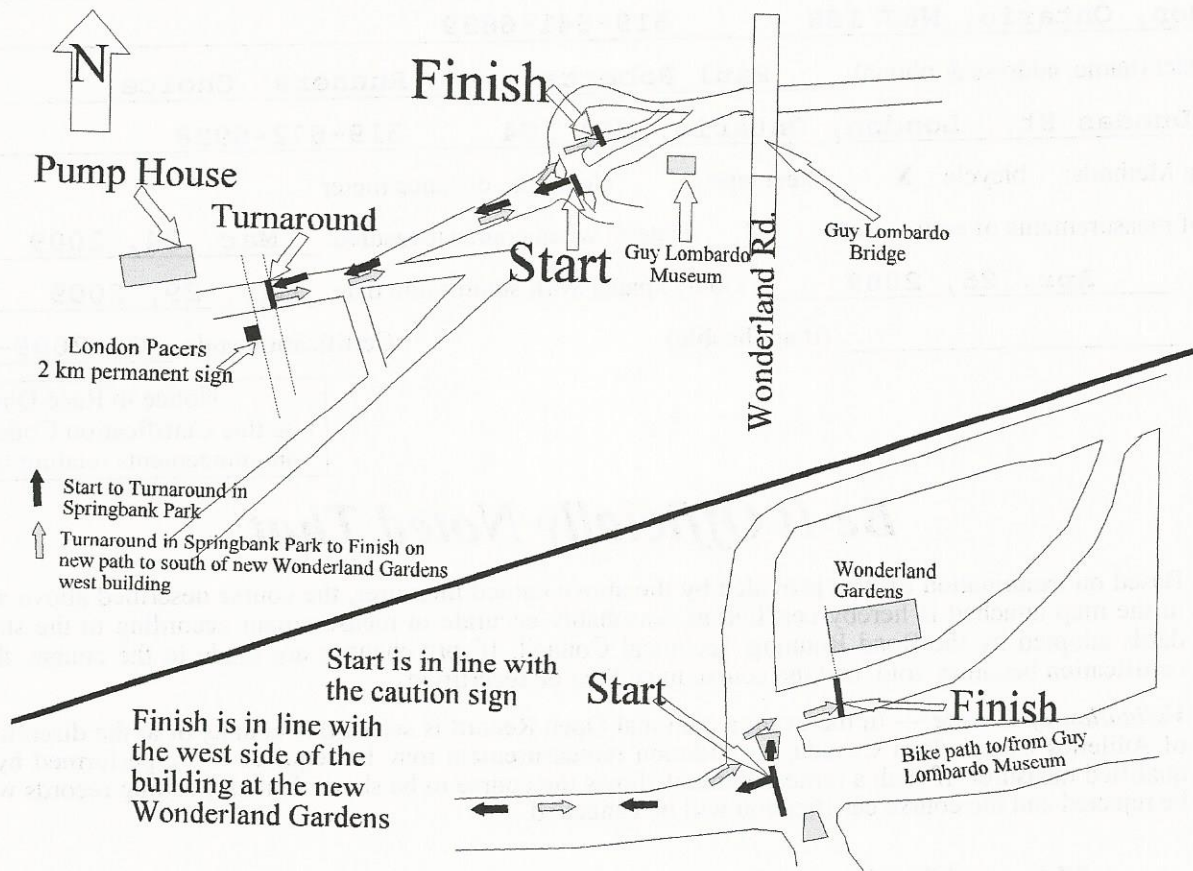
**Start** - west of the Guy Lombardo Museum on the bike path even with the caution sign on the island at the intersection with the north-south bike paths to Wonderland Gardens or the PUC Rose Gardens.

**1 km** - 23 m east of the second gnarled willow on the bike path east of Springbank Park.

**Turnaround** - In Springbank Park east of the Pump House on the bike path by the river, 4.93 m east of the London Pacer 2 km sign.

**2 km** - on the bike path west of the East Washroom and east of the stairs to/from the east parking lot of Springbank Park, even with the west end of the bench with the plaque for John Bessard.

**Finish** - from the Springbank Park - Wonderland Gardens bike path take the new bike path north into Wonderland Gardens and then turn east to finish on the bike path that goes along the south side of the west building. The finish is even with the west side of the building.



ON-2009-016-BDC