



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Spring Run-Off Distance 10 km  
Location (city) London (province) Ontario  
Type of course: road race ☒ calibration track Configuration: Loop  
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 0.3 m/km Separation 0.5 %  
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-2009-017-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 Date: Mar. 29, 2009  
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)



# Spring Run-Off 10 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.

**2 km** - 7.0 m west of the building housing the transformer near the west end of Storybook Gardens.

**3 km** - 29 m east of the "Sneak Thief" sign at the east entrance to the parking lot west of the dam.

**4 km** - 3.5 m east of the drain opposite the traffic circle at the west entrance to Springbank Park.

**5 km** - 9 m west of the lamppost on the north side of the parking lot of Storybook Gardens, east of the Train Station.

**6 km** - 41 m west of the first bench east of Springbank Park on the bikepath to Wonderland Gardens.

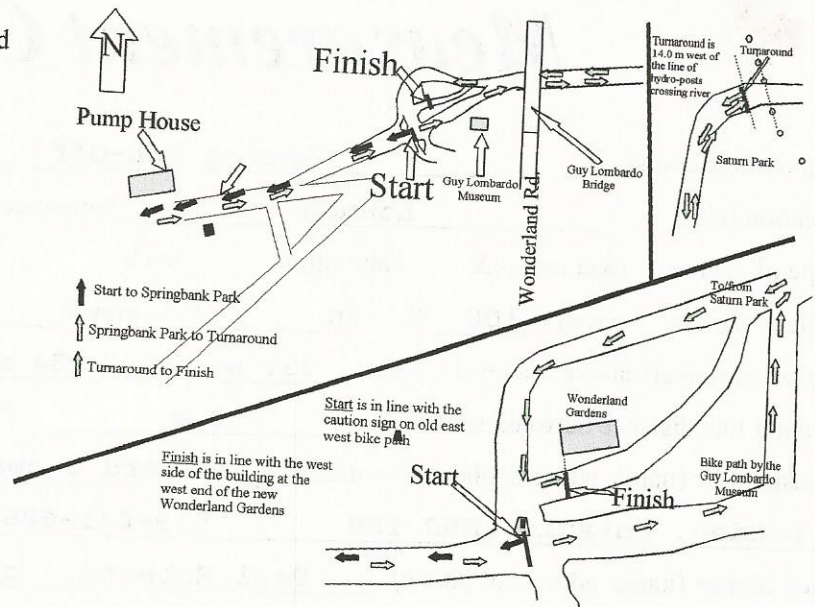
**7 km** - 24 m east of the first wooden post fence west of Wonderland Gardens.

**8 km** - 7 m east of the west end of the concrete breakwater by the cemetery east of the Guy Lombardo Bridge on Wonderland Rd.

**Turnaround** - at the north-west corner of Saturn Park playground, 14.1 m west of a line through the centres of the hydro poles which cross the Thames River.

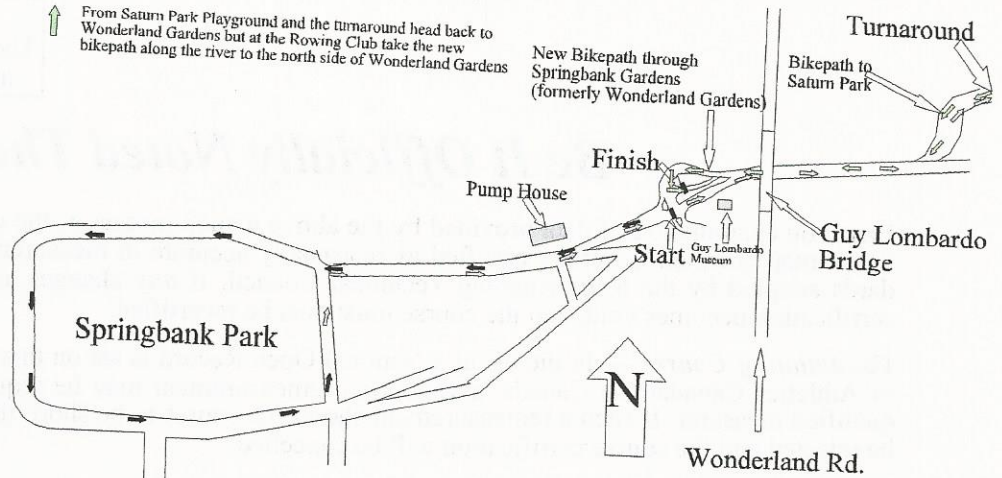
**9 km** - on the bike path into/out of Saturn Park Playground, 22 m south of the kids playing sign at the south end of Saturn Park Playground, 22 m north of the road..

**10 km Finish** - from Saturn Park and Greenway Park near the Rowing Club, take the new bike path that goes along the north side of Wonderland Gardens and then turn east to finish on the bike path that goes along the south side of the building of Wonderland Gardens. The finish is even with the west side of the building.



## Spring Run-Off 10 km

- From Start on bikepath to south of Wonderland Gardens Run counter-clockwise around west loop of Springbank Park
- From Springbank Park return past start and then head toward Greenway Park but take bikepath toward Saturn Park Playground and the turnaround
- From Saturn Park Playground and the turnaround head back to Wonderland Gardens but at the Rowing Club take the new bikepath along the river to the north side of Wonderland Gardens



Maps and Measurement  
by Bernie Conway  
IAAF Grade A Measurer