



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course Sporting Life 10k

Certificate number ON-2009-020-BDC Distance 10 km Race date May 3/2009

City Toronto Province Ontario

Race contact name Cory Freedman Race contact email cory@maxvo2inc.com

Course Information

Start elevation 163 m Finish elevation 78 m

Elevation change 8.23 m/km Percent separation 82

Measurer Information

Measurer name Bernard Conway 67 Southwood Crescent, London, ON, N6J 1S8 measurer@rogers.com 519-641-6889

Measurement date April 11/2009 Expiry date Dec. 31/2018


Official Notice

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**, 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.

As Nationally Certified by


Signature of certifier

April 7/2017
Date

Any inquires regarding this certificate should be directed to coursemeasurement@athletics.ca



Sporting Life 10k

ON-2009-020-BDC

Start - 27.09 m south of the south curb of Roselawn Ave. on Yonge St., 60 cm south of the south side of the Bank of Montreal (BMO).

1 km - 0.5 m south of the south curb of Lola Rd. on Yonge St.

2 km - opposite pole #511 on east side of Yonge St. at the south end of Mount Pleasant Cemetery.

3 km - 14 m north of the north curb of Woodlawn Ave. on Yonge St.

4 km - 11 m south of the south curb of Aylmer Ave. on Yonge St.

5 km - 10 m north of the north curb of Irwin St. on Yonge St.

6 km - 30 m north of the north curb of Elm St. on Yonge St.

7 km - 59 m west of the west curb of Bay St. on Richmond St.

8 km - 56 m south of the south curb of Richmond St. on Peter St.

9 km - 36 m east of the east curb of Draper St. on Front St.

10 km (Finish) - even with the first lamppost west of the east end of 219 Fort York Blvd., between columns #82 & #83 of the Gardiner Expressway by the exit/entrance to the bikepath by Fort York.

