



Athletics Canada/Run Canada  
**Measurement Certificate**

Name of the course Grimsby 3 km Road Race Distance 3 km  
Location (city) Grimsby (province) ON  
Type of course: road race  calibration  track  Configuration: Loop  
Type of surface: paved 100 % dirt      % gravel      % grass      % track      %  
Elevation (meters above sea level) Start 95 m Finish 96 m Highest 104 m Lowest 93 m  
Straight line distance between start & finish 100 m Drop -0.3 m/km Separation 3 %  
Measured by (name, address, phone & e-mail) Bernie Conway 67 Southwood Crescent  
London, Ontario, N6J 1S8 519-641-6889  
Race contact (name, address & phone) Jerry Friesen 38 Viking Drive  
Grimsby, ON, V3M 3V3 905-562-8669  
Measuring Methods: bicycle  steel tape  electronic distance meter   
Number of measurements of entire course: 2 Date(s) when course measured: Oct. 29, 2009  
Race date: Feb. 2010 Course paperwork submission date: Nov. 4, 2009  
Replaces:      (if applicable) Certification code: ON-2009-125-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: Nov. 4, 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)

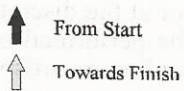
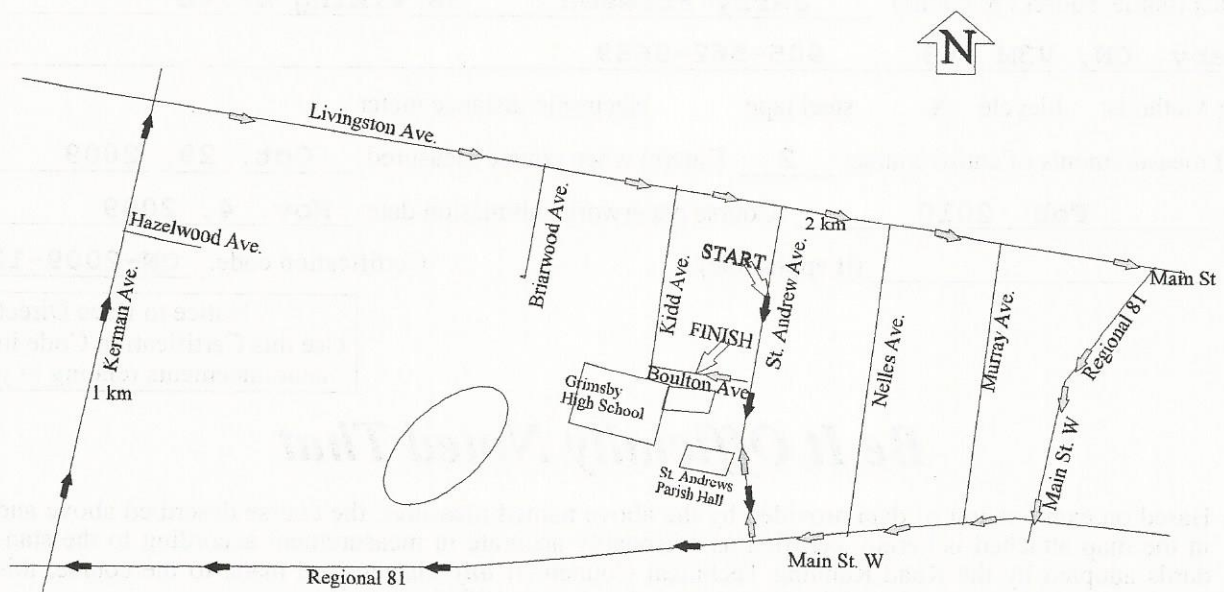
# Grimsby 3 km Road Race

Start – 6.26 m south of the north side of the house at 30 St. Andrews Ave.

1 km – 3 m south of the house at 10 Kerman Ave.

2 km – 37 m east of the east curb of St. Andrews Ave. on Livingston Ave.

3 km Finish – even with the north-south section of the wall with the 1925 corner stone of the Grimsby High School on Boulton St. East of the second entrance to the school counting from the east.



Runners have entire road on St. Andrew Ave. and Boulton Ave. but only right curb lane (RCL) on rest of course

ON-2009-125-BDC