



*Athletics Canada/Run Canada*  
**Measurement Certificate**

Name of the course Really Chilly 1 km Road Race Distance 1 km  
Location (city) London (province) ON  
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 250 m Finish 250 m Highest 250 m Lowest 245 m  
Straight line distance between start & finish 0 m Drop 0 m/km Separation 0 %  
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, N6J 1G4 519-672-5928  
Measuring Methods: bicycle ☒ steel tape electronic distance meter  
Number of measurements of entire course: 2 Date(s) when course measured: Dec. 4, 2009  
Race date: Feb. 28, 2010 Course paperwork submission date: Dec. 4, 2009  
Replaces: \_\_\_\_\_ (if applicable) Certification code: ON-2009-142-BDC

Notice to Race Director  
Use this Certification Code in *all* public  
announcements relating to your race.

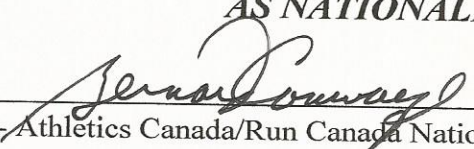
***Be It Officially Noted That***

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

Date: Dec. 4, 2009

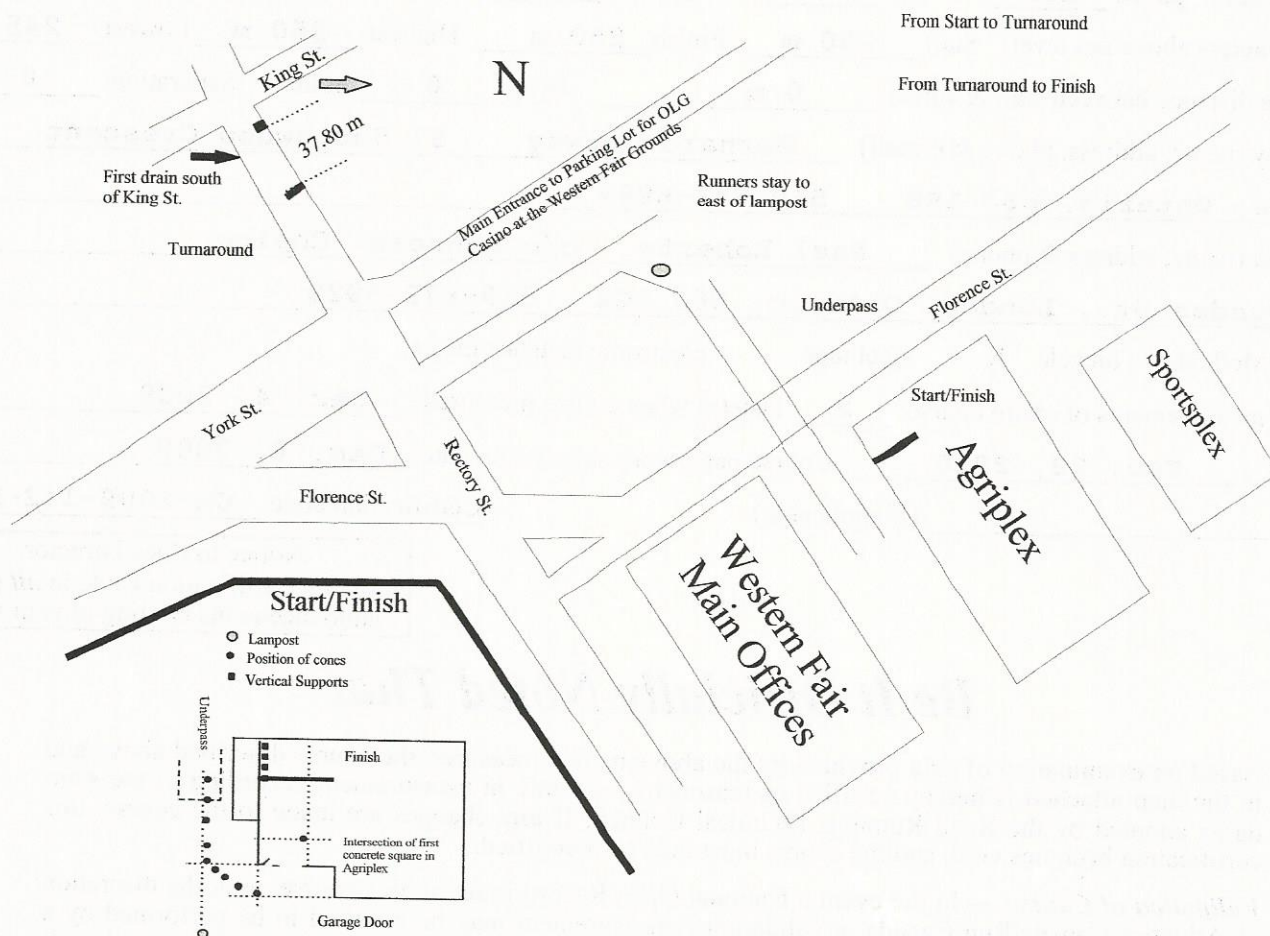
67 Southwood Crescent, London, Ontario, Canada, N6J 1S8

Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: [measurer@rogers.com](mailto:measurer@rogers.com)

## Really Chilly 1 km Road Race

Start/Finish - inside the Agriplex Building on the south side of Florence St., even with the 4<sup>th</sup> support (counting from the north) on the west side of the building.

Turnaround - on Rectory St. between Florence St. and King St., 37.80 m south of the south side of the first drain south of King St. on Rectory St., 25.05 m south of the 1<sup>st</sup> Telephone/Hydro post south of King St., 13.19 m north of the 2<sup>nd</sup> Telephone/Hydro post south of King St. (opposite the largest tree on the east side of the east sidewalk of the Western Fair Grounds parking lot).



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