



Athletics Canada/Run Canada
Measurement Certificate

Name of the course	Really Chilly 5 km Road Race			Distance	5 km		
Location (city)	London			(province)	Ontario		
Type of course:	road race	X	calibration	track	Configuration:	Loop (1 lap)	
Type of surface:	paved	99.8 %	dirt	0.2 %	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	100 m			Drop	0 m/km	Separation	2 %
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	X	steel tape	electronic distance meter			
Number of measurements of entire course:	2			Date(s) when course measured:	Nov. 2/2011		
Race date:	Feb. 26/2012			Course paperwork submission date:	Nov. 5/2011		
Replaces:	(if applicable)			Certification code:	ON-2009-159-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 2018

AS NATIONALLY CERTIFIED BY:


Date: **Nov. 6/2011**

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

Start - on the main road to the Casino, 12.00 m west of exit to King St., in front of glass doors to Special Events Building.

1 km - 9 m west of Woodman Ave. E on Dundas St.

2 km - 1 m east of the west side of the house at 1186 King St.

3 km - 4 m west of the west side of 1250 Florence St (Wells Foundry).

4 km - on Florence St., 10 m east of the north-south section of chainlink fence, west of Egerton St.

Finish - enter west garage door at back of Agriplex, enter onto track south of 5th pillar and finish even with the east side of the 4th pillar (counting from north) on the west side of the Agriplex Building.

Really Chilly 5 km Road Race

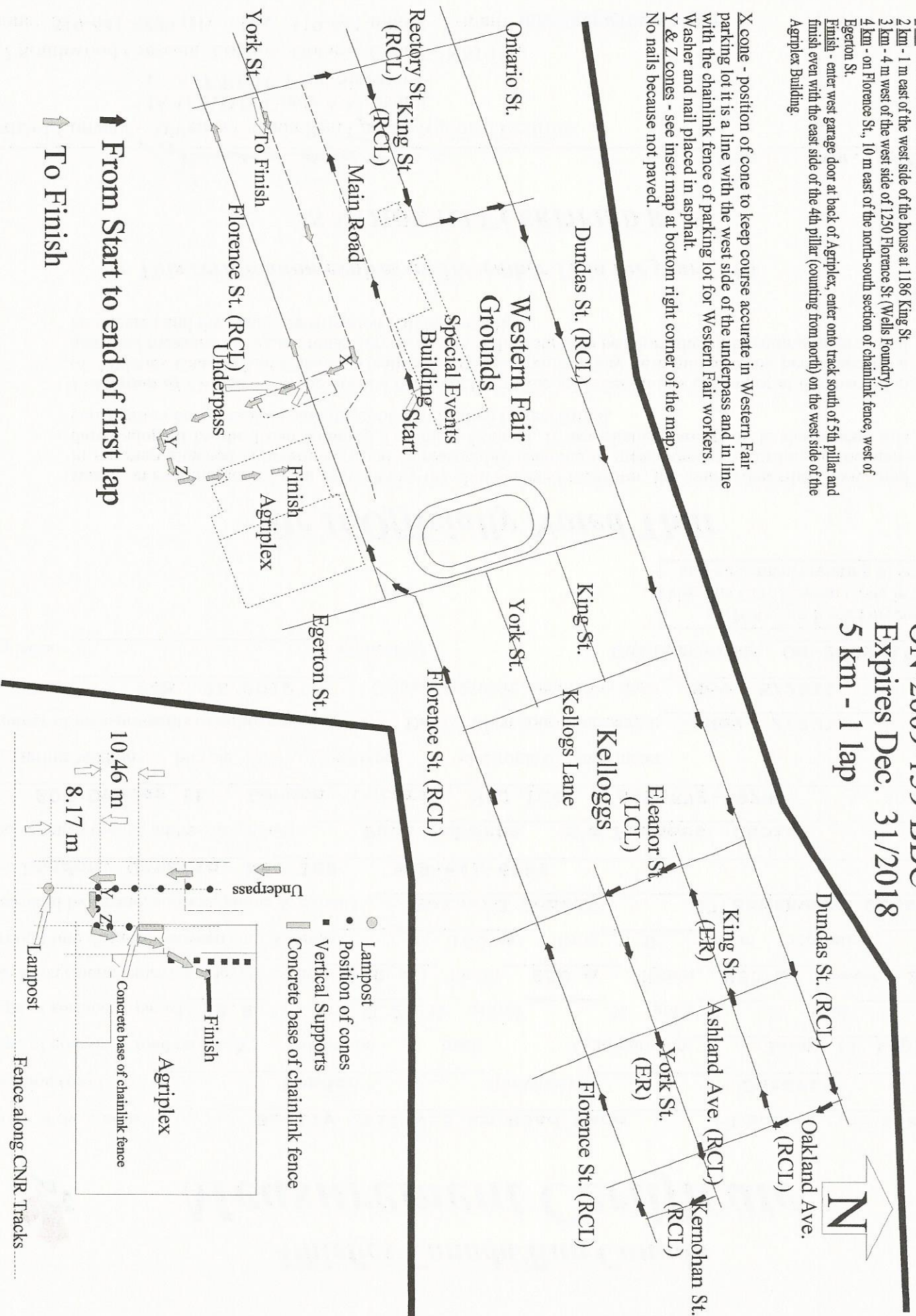
ON-2009-159-BDC

Expires Dec. 31/2018

5 km - 1 lap



X cone - position of cone to keep course accurate in Western Fair parking lot it is a line with the west side of the underpass and in line with the chainlink fence of parking lot for Western Fair workers.
Washer and nail placed in asphalt.
Y & Z cones - see inset map at bottom right corner of the map.
No nails because not paved.



↑ From Start to end of first lap

↑ To Finish