



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Really Chilly 5 km Run Distance 5 km  
Location (city) London (province) Ontario  
Type of course: road race ☒ calibration track Configuration: Loop (1 lap+)  
Type of surface: paved 100 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %  
Elevation (meters above sea level) Start 250 m Finish 250 m Highest 251 m Lowest 250 m  
Straight line distance between start & finish 50 m Drop 0 m/km Separation 1 %  
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: 3 Date(s) when course measured: 22/11/2009 & 22/10/2012  
Race date: \_\_\_\_\_ Course paperwork submission date: Oct. 25/2012  
Replaces: \_\_\_\_\_ (if applicable) Certification code: ON-2009-159a-BDC

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

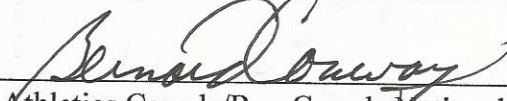
## Be It Officially Noted That

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:

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

Date: Oct. 25/2012

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

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# Really Chilly 5 km Road Race

## ON-2009-159a-BDC

### Expires Dec. 31/2018

#### 5 km - 1+ laps

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 - is 9.91 m south of garage door of Special Events Building, 1.90 m east of centre of cleanout.

