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Athletics Canada/Run Canada

Measurement Certificate

Name of the course	Really C	hilly 10 km	Road Rac	ce	Distance	10 km	
Location (city)			(province)		Ontario		
Type of course: road race							
Type of surface: paved _9	9.9 % dirt_	0.1 % gra	vel	% grass	% trac	k_ %	
Elevation (meters above sea							1
Straight line distance between	en start & finish_	250	m Drop_	0m/	km Separa	tion 2.5	%
Measured by (name, address							-
London, Ontario							
Race contact (name, address	& phone)	Paul Rober	ts c/o	Runners'	Choice		
207 Dundas St	., London,	Ontario, N6	J 1G4	519-672-5	5928		
Measuring Methods: bicy	cle X steel	l tape elec	ronic distance	meter			
Number of measurements of	f entire course:	2 Date(s) wh	en course meas	sured: No	v. 2/201	1	
Race date: Feb. 2				3	Mar 200 Acad & Hackagain		
Replaces:						009-160-BD	C
					Notice to Dee		

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		NOV. 0/2011					

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

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

