



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

Name of the course Toronto 10 Miler Distance 10 miles  
Location (city) Toronto (province) Ontario  
Type of course: road race ☒ calibration track Configuration: Loop  
Type of surface: paved 98 % dirt      % gravel 2 % grass      % track      %  
Elevation (meters above sea level) Start 76 m Finish 76 m Highest 77 m Lowest 75 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) Alan Brookes or Chris Fagel  
264 The Esplanade, Toronto, Ontario, M5A 4J6 416-944-2765 (502)  
Measuring Methods: bicycle ☒ steel tape electronic distance meter  
Number of measurements of entire course: 2 Date(s) when course measured: July 14/2012  
Race date: Aug. 12/2012 Course paperwork submission date: July 19/2012  
Replaces:      (if applicable) Certification code: ON-2009-163-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 2021***

**AS NATIONALLY CERTIFIED BY:**

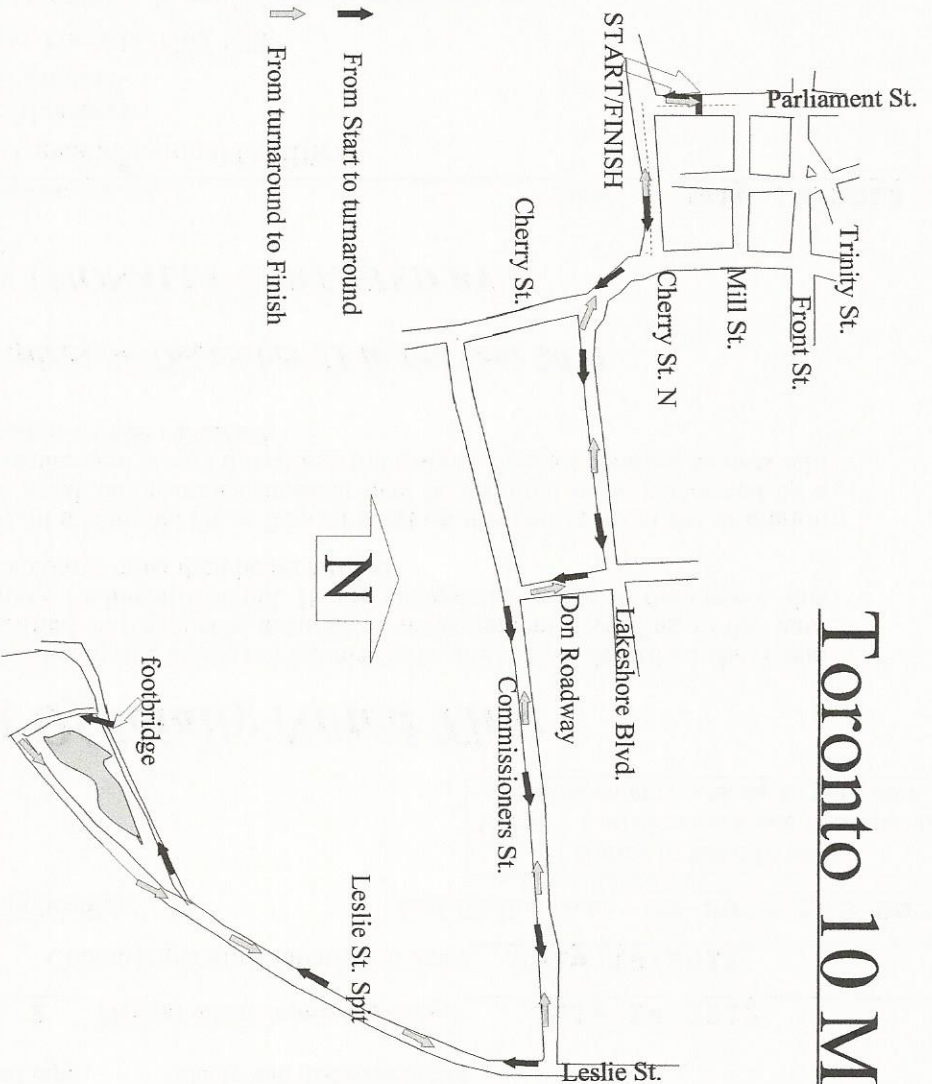
Bernard Conway  
Bernard Conway - Athletics Canada/Run Canada National Certifier  
- IAAF/AIMS Grade A Measurer  
- USATF/RRTC Final Signatory

Date: July 19/2012

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)

# Toronto 10 Miler



- Parliament St. - south bound lanes.
- Lakeshore Blvd. and Commissioners St. - Eastbound lanes only
- Out - curb lane Back - lane left of centre
- Don Roadway - southbound lanes plus adjacent north bound lane
- Out - 1.5 lanes on west Back - 1.5 lanes on east
- Runners use east road at "Y" junction on return

Note - for turns which require knowing where to start and finish use the far side of the painted car stop on the first street and opposite the near side of the painted car stop on the second street - example Don Roadway and Commissioners St.

- Start/Finish - in southbound lanes of Parliament St., north of Lakeshore, 7.96 m north of north west metal support beam of train bridge, 1.51 m south of drain on west side of Parliament, 0.41 m south of lamp post with cables.
- 1 km - midway between supporting columns 319 & 320 of the Gardiner Expressway on Lakeshore Blvd.
- 2 km - even with the west side of the drain east of Sound Stage #4 on Commissioners St.
- 3 km - 22 m west of the CRC sign at 560 Commissioners St.
- 4 km - 12 m north of the wooden lock box, 66 m south of the entrance/exit to the Leslie Street Spit (LSS).
- 5 km - 77 m south of the speed bump near the Marina on the LSS.
- 6 km - 3 m north of the through road at the Y junction on the main road on the LSS.
- 7 km - 31 m south of the paved road on the gravel road leading to the footbridge, between the 3rd and 4th large rock, counting from the paved road, on the LSS
- 8 km - on the west side of the lagoon at its south end, opposite the trail leading towards the tree stumps and the western most chimney of the LSS.
- 9 km - 6.5 m north of the green triangle sign post, 151 m south of the speed bump on the east side of the lagoon at the north end of the southern part of the lagoon on the LSS.
- 10 km - 37 m south of the "V" part of the "Y" junction on the LSS.
- 11 km - 1 m south of the "Max 60" sign on the east side of the road by the Marina on the LSS.
- 12 km - 19 m north of the first speed bump south of the entrance/exit of the LSS.
- 13 km - 33 m west of the bus shelter on Commissioners St.
- 14 km - 12 m west of Bouchette St. on Lakeshore Blvd.
- 15 km - 4 m west of supporting column 325 of the Gardiner Expressway on Lakeshore Blvd.
- 10 mile Finish - Same as start.

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