



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

Name of the course Toronto 5 km Distance 5 km  
Location (city) Toronto (province) Ontario  
Type of course: road race  calibration track Configuration: Out/Back  
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-2009-164-BDC

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

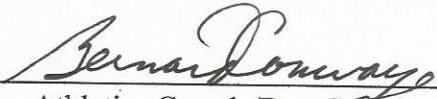
***Be It Officially Noted That***

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:**



Date: July 19/2012

Bernard Conway - Athletics Canada/Run Canada National Certifier

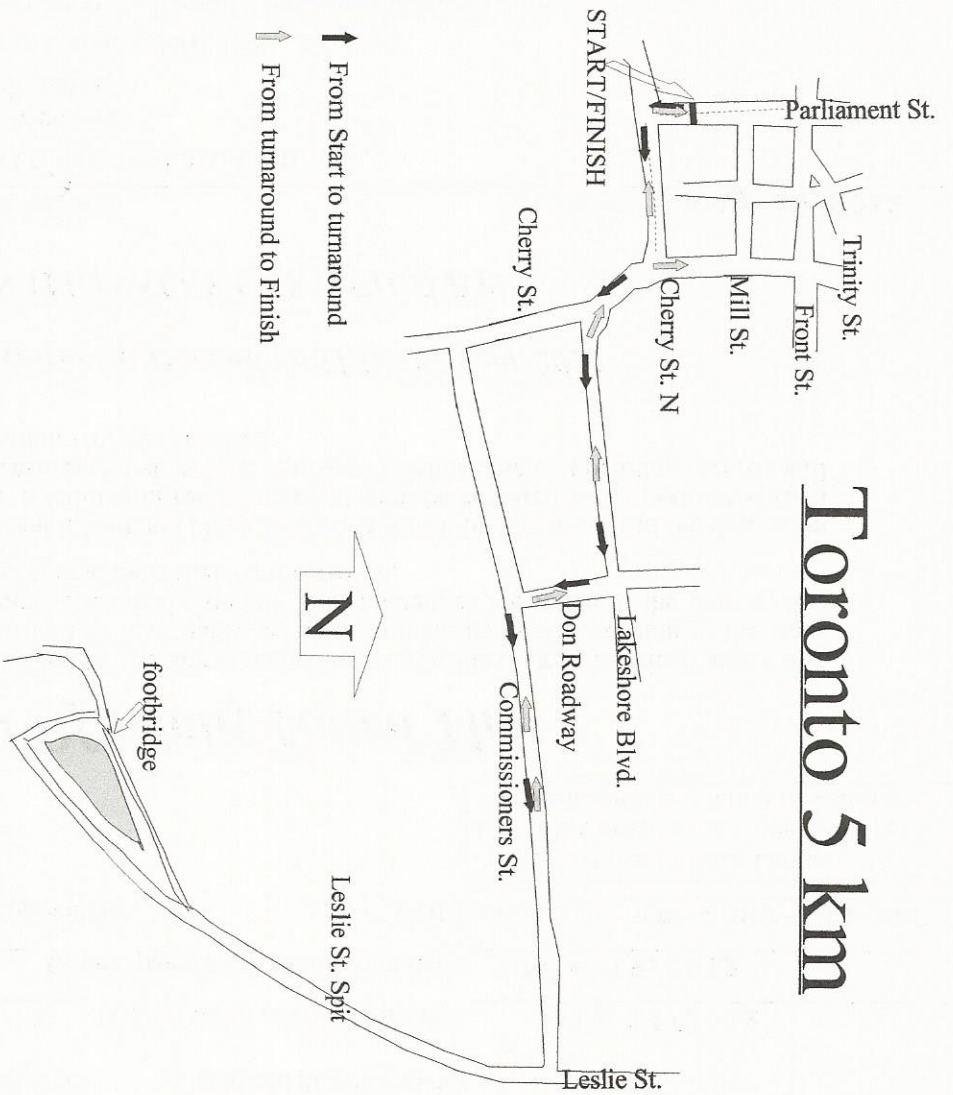
- IAAF/AIMS Grade A Measurer

- USATF/RRTC Final Signatory

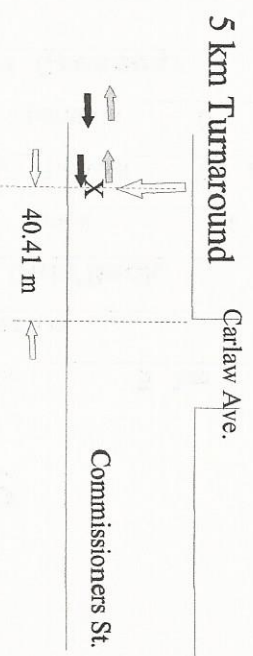
67 Southwood Crescent, London, Ontario, Canada, N6J 1S8

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

# Toronto 5 km



↑ From Start to turnaround  
 ↓ From turnaround to Finish



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 St., 0.41 m south of lamp post with cables on west sidewalk.  
1 km/4 km - midway between supporting columns 319 and 320 of the Gardiner Expressway on Lakeshore Blvd.  
2 km/3 km - even with the west side of the drain east of Sound Stage #4 on Commissioners St.  
Turnaround - 40.41 m west of the west curb of Carlaw Ave., on Commissioners St.

## ON-2009-164-BDC

- Parliament St. - southbound lanes
- Lakeshore Blvd. and Commissioners St. - Eastbound lanes only
- Don Roadway - southbound lanes plus adjacent north bound lane
- Out - curb lane
- Out - 1.5 lanes on west side
- Back - lane left of centre
- Back - 11.5 lanes on east side

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.)