



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

Name of the course Course du Club Lions de Ste-Thérèse 10K Distance 10 km  
Location (city) Ste-Thérèse (province) Québec  
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Loop (2 Laps)  
Type of surface: paved 100 % dirt      % gravel      % grass      % track      %  
Elevation (meters above sea level) Start 47 m Finish 47 m Highest 69 m Lowest 47 m  
Straight line distance between start & finish 300 m Drop 0 m/km Separation 3 %  
Measured by (name, address, phone & e-mail) Mark McGowan & Christine Bush  
130 Maria, Lasalle, QC, H8R 3M1 514-365-2274  
Race contact (name, address & phone) Robert Marcoux c/o Running Room  
11e Charron, QC  
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐  
Number of measurements of entire course: 2 Date(s) when course measured: April 13, 2009  
Race date: June 6, 2009 Course paperwork submission date: May 12, 2009  
Replaces:      (if applicable) Certification code: QC-2009-042-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 2019***

**AS NATIONALLY CERTIFIED BY:**

Bernard Conway Date: May 17, 2009  
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)

## Course à pied du Club Lions de Ste-Thérèse 10K

Notes:

Measured by Mark McGowan & Christine Bush  
April 13, 2009

Course is run predominantly on paved city street surface, with the exception section through Parc de Sève which is a paved bike path, bike path approaching finish area & gravel area around football field in finish area.

- 1k – In front of 379 Mille-Iles Est
- 2k – In front of 759 Mille-Iles Ouest
- 3k - At exit of parc path, in front of 791 Mille-Iles Est
- 4k – In front of 335 Mille-Iles
- 5k – Mille-Iles Est turns into rue St. Louis.
- In front of #105 St. Louis
- TURNAROUND – at median corner of St. Louis & Ducharme
- 6k – In front of 387 Boul. Du Coteau
- 7k – In front of 779 Mille-Iles Ouest
- 8k – In front of 753 Mile-Iles Est
- 9k - In front of 319 Mile-Iles Est

