



Athletics Canada/Run Canada Measurement Certificate

Name of the course Ile Charron 3 K Distance 3 km
Location (city) Boucherville (province) QC
Type of course: road race ☒ calibration track Configuration: Out/Back
Type of surface: paved _____ % dirt _____ % gravel 100 % grass _____ % track _____ %
Elevation (meters above sea level) Start 0 m Finish 0 m Highest 0 m Lowest 0 m
Straight line distance between start & finish 90 m Drop 0 m/km Separation 3 %
Measured by (name, address, phone & e-mail) Cindy New 3637 Coloniale
Montréal, QC, H2X 2Y7
Race contact (name, address & phone) Robert Marcoux c/o Running Room
Ile Charron, QC
Measuring Methods: bicycle ☒ steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: May 9, 2009
Race date: _____ Course paperwork submission date: June 2, 2009
Replaces: _____ (if applicable) Certification code: QC-2009-056-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.

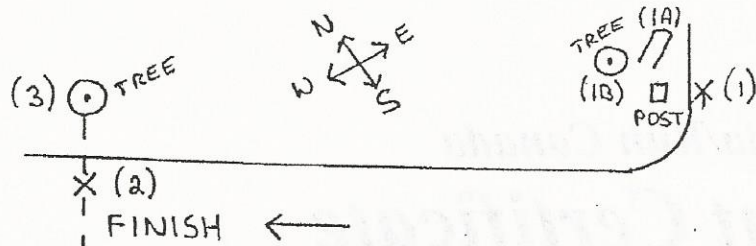
This certification expires on December 31 in the year 2019

AS NATIONALLY CERTIFIED BY:

Bernard Conway Date: June 9, 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



TURN-OFF POINT
(5, 10, 12)

RUNNING ROOM
ILE CHARRON
3 K
(OUT AND BACK)

3 K START (9) TO POST (5): 45.3 M
3 K START (9) TO BASE OF POST (13): 22.6 M
3 K START (9) TO TURN-OFF (1): 77.153 M
ENTIRE WIDTH OF PATH USE BY RUNNERS
POINTS (1), (5), (9) ARE 0.33 M FROM EDGE

QC-2009-056-BDC

- (4) TREE PATH TO CHALET
- (1) TURN OFF POINT IN LINE WITH POST
- MARKED WITH SPIKE
- 4.270 M TO CULVERT (1A)
- 5.120 M TO NAIL IN TREE (1B)
- 46.53 M TO FINISH POINT (2)
- 31.853 M TO NEXT POST (5)

(3) NAIL IN TREE TO FINISH POINT (2): 4.97 M

(4) NAIL IN TREE TO FINISH POINT (2): 7.41 M

POST (5)

POST

3 K START (9)

POST (13)



3 K TURN AROUND

4.601 M FROM LEADING CEMENT EDGE
OF FOOT BRIDGE

