



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Ile Charron 10 K Distance 10 km  
 Location (city) Boucherville (province) QC  
 Type of course: road race  calibration track Configuration: Two Loops  
 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 577 m Drop 0 m/km Separation 5.8 %  
 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-2009-058-BDC

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

## *Be It Officially Noted That*

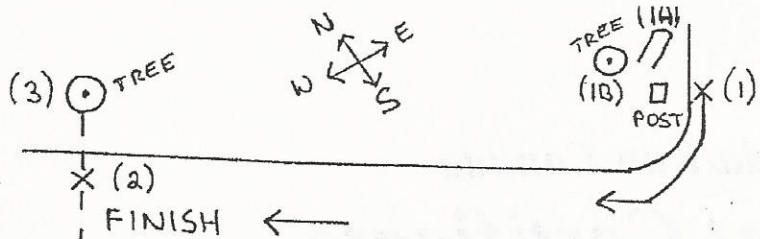
Based on examination of data provided by the above named measurer, the course described above and in the map attached is hereby certified as reasonably accurate in measurement according to the standards adopted by the Road Running Technical Council. If *any* changes are made to the course, this certification 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*

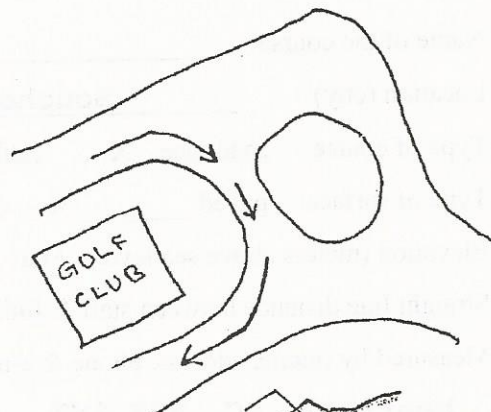
**AS NATIONALLY CERTIFIED BY:**

*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](mailto:measurer@rogers.com)

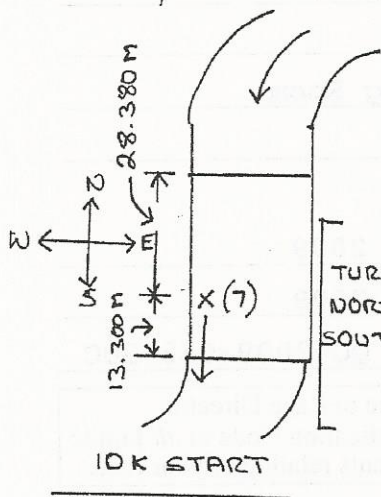


TURN-OFF POINT  
 RUNNING ROOM  
 ILE CHARRON  
 10 K  
 (2 LOOPS)

- (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
- POINTS (1), (5) ARE IN LINE, 0.33 M FROM EDGE POST



QC-2009-058-BDC



TURN-OFF POINT (1) TO 10K START: 575.37 M  
 NORTH END OF BRIDGE TO START: 28.38 M  
 SOUTH END OF BRIDGE TO START: 13.3 M

