



Athletics Canada/Run Canada Measurement Certificate

Name of the course 3 km de la Course Pierrefonds Open Distance 3 km
 Location (city) Pierrefonds (province) QC
 Type of course: road race calibration track Configuration: Out/Back
 Type of surface: paved 100 % dirt % gravel % grass % track %
 Elevation (meters above sea level) Start 57 m Finish 57 m Highest Lowest
 Straight line distance between start & finish 120 m Drop 0 m/km Separation 4 %
 Measured by (name, address, phone & e-mail) Laurent Lacroix 131 Sunnyside Blvd.
Winnipeg, Manitoba, R3J 3M1 and Michel Brochu
 Race contact (name, address & phone) Michel Brochu 11911 Poincaré
Montréal, QC, H3L 3L6 514-956-7966
 Measuring Methods: bicycle steel tape electronic distance meter
 Number of measurements of entire course: 2 Date(s) when course measured: July 25, 2009
 Race date: Course paperwork submission date: Aug. 4, 2009
 Replaces: (if applicable) Certification code: QC-2009-097-BDC

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

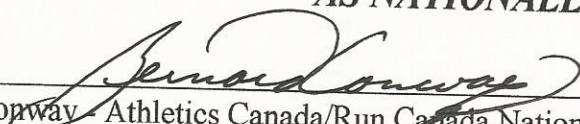
Be It Officially Noted That

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:

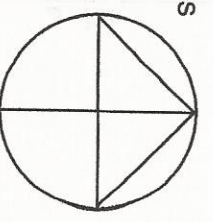

 _____ Date: Aug. 7, 2009
 Bernard Conway - Athletics Canada/Run Canada National Certifier

- 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

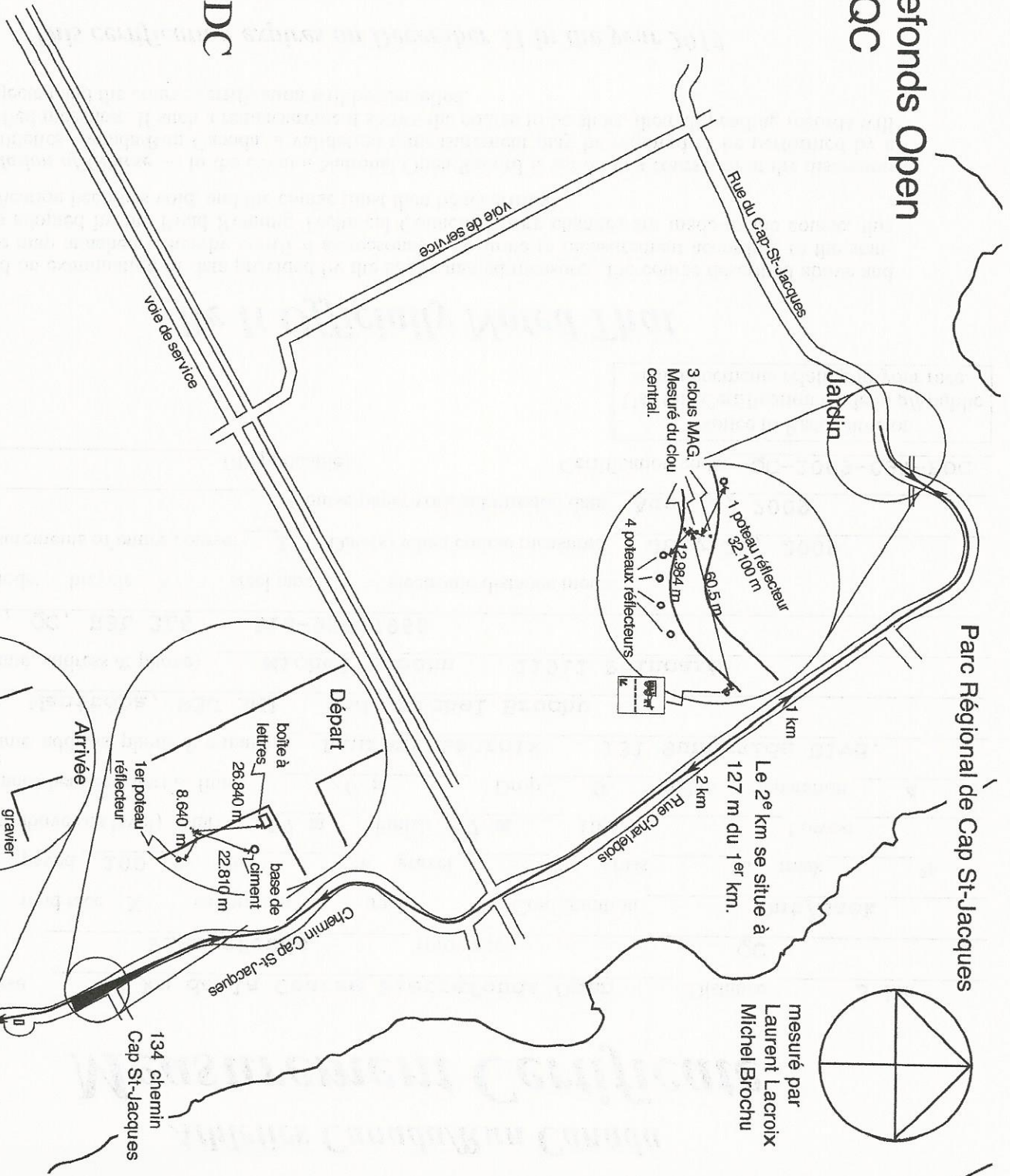
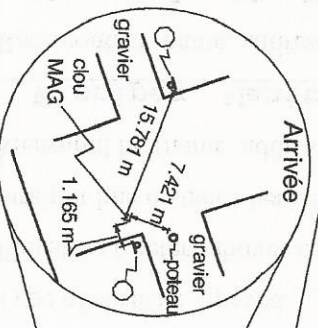
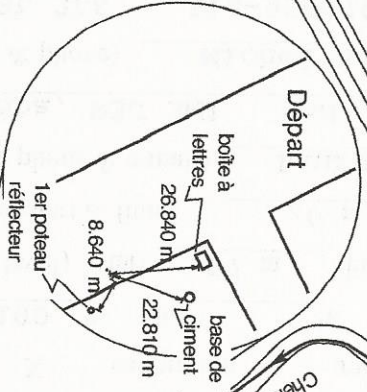
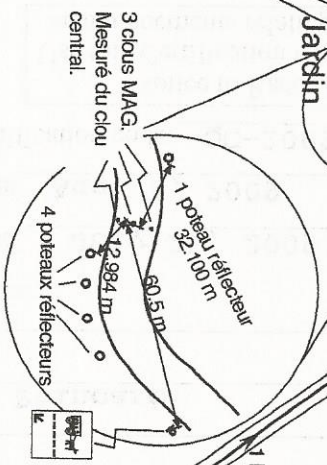
3 km de la Course Pierrefonds Open Pierrefonds, QC

Parc Régional de Cap St-Jacques



mesuré par
Laurent Lacroix
Michel Brochu

Le 2^e km se situe à
127 m du 1^{er} km.



QC-2009-097-BDC