



Athletics Canada/Run Canada
Measurement Certificate

Name of the course Run for the Grapes 5 km Distance 5 km
Location (city) St. Catharines (province) Ontario
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Loop
Type of surface: paved 100 % dirt % gravel % grass % track %
Elevation (meters above sea level) Start 105 m Finish 105 m Highest 105 m Lowest 91 m
Straight line distance between start & finish 0 m Drop 0 m/km Separation 0 %
Measured by (name, address, phone & e-mail) Bernie Conway 67 Southwood Crescent
London, Ontario, N6J 1S8 519-641-6889 and Jerry Friesen
Race contact (name, address & phone) Jerry Friesen 38 Viking Drive
Grimsby, Ontario, V3M 3V3 905-562-8669
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐
Number of measurements of entire course: 2 Date(s) when course measured: April 30/2010
Race date: Sept. 19/2010 Course paperwork submission date: May 7, 2010
Replaces: ON-2006-082-BDC (if applicable) Certification code: ON-2010-041-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 2020

AS NATIONALLY CERTIFIED BY:

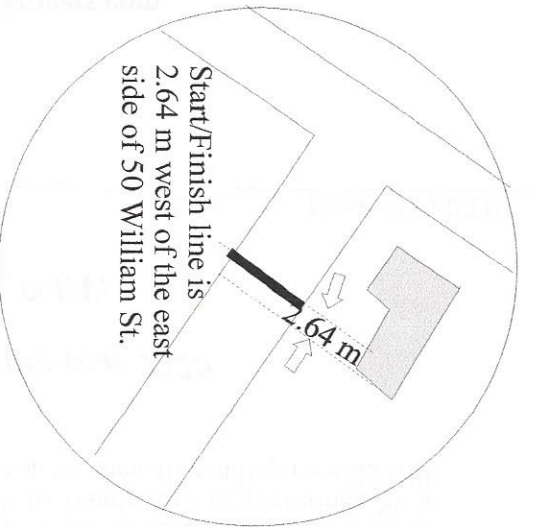
Bernie Conway
Bernard Conway - Athletics Canada/Run Canada National Certifier
- IAAF/AIMS Grade A Measurer
- USATF/RRTC Final Signatory

Date: May 8/2010

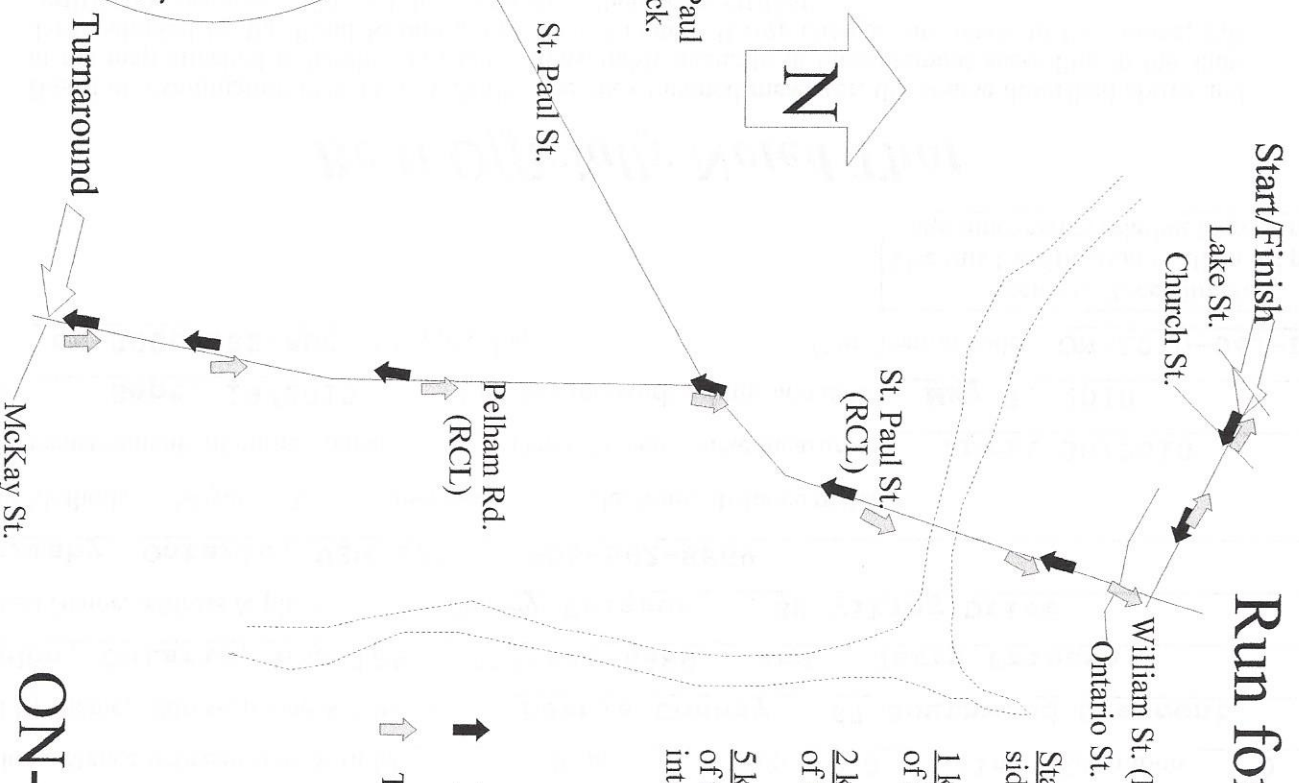
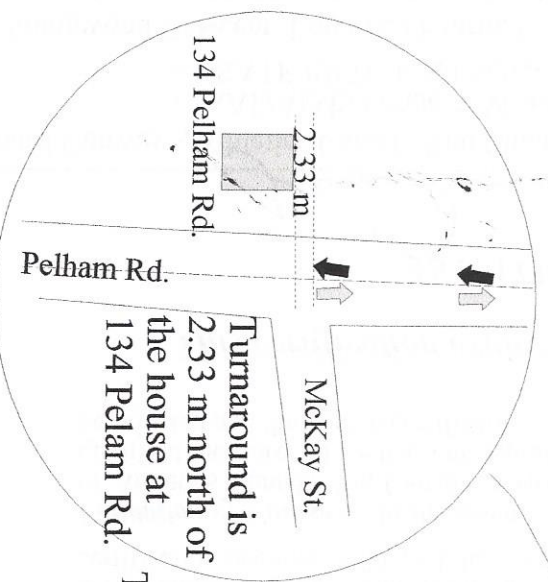
67 Southwood Crescent, London, Ontario, Canada, N6J 1S8

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

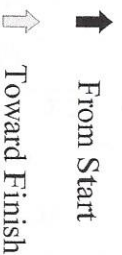
Run for the Grapes 5 km



Runners run spr from the start until St. Paul St and return. They have RCL out & back. They cross from RCL on St. Paul St. to LCL as they cross Ontario St.



- Start/Finish - line is 2.64 m west of the east side of 50 William St.
- 1 km/4 km - is 18 m north of the south end of the St. Paul St. Bridge.
- 2 km/3 km - 1.5 m south of the north side of the house at 60 Pelham Rd.
- 5 km Turnaround (2.5 km) - 2.33 m north of the north side of 134 Pelam Rd. at the intersection of McKay St.



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