



Athletics Canada/Run Canada
Measurement Certificate

Name of the course Go the Distance Distance 3 km
Location (city) London (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 237 m Finish 237 m Highest 240 m Lowest 237 m
Straight line distance between start & finish 70 m Drop 0 m/km Separation 2 %
Measured by (name, address, phone & e-mail) Bernard Conway 67 Southwood Crescent
London, Ontario, N6J 1S8 519-641-6889
Race contact (name, address & phone) Paul Roberts c/o Runners' Choice
207 Dundas St., London, Ontario, N6J 1G4 519-672-5928
Measuring Methods: bicycle ☒ steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: June 3, 2010
Race date: June 25, 2010 Course paperwork submission date: June 5, 2010
Replaces: _____ (if applicable) Certification code: ON-2010-055-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.

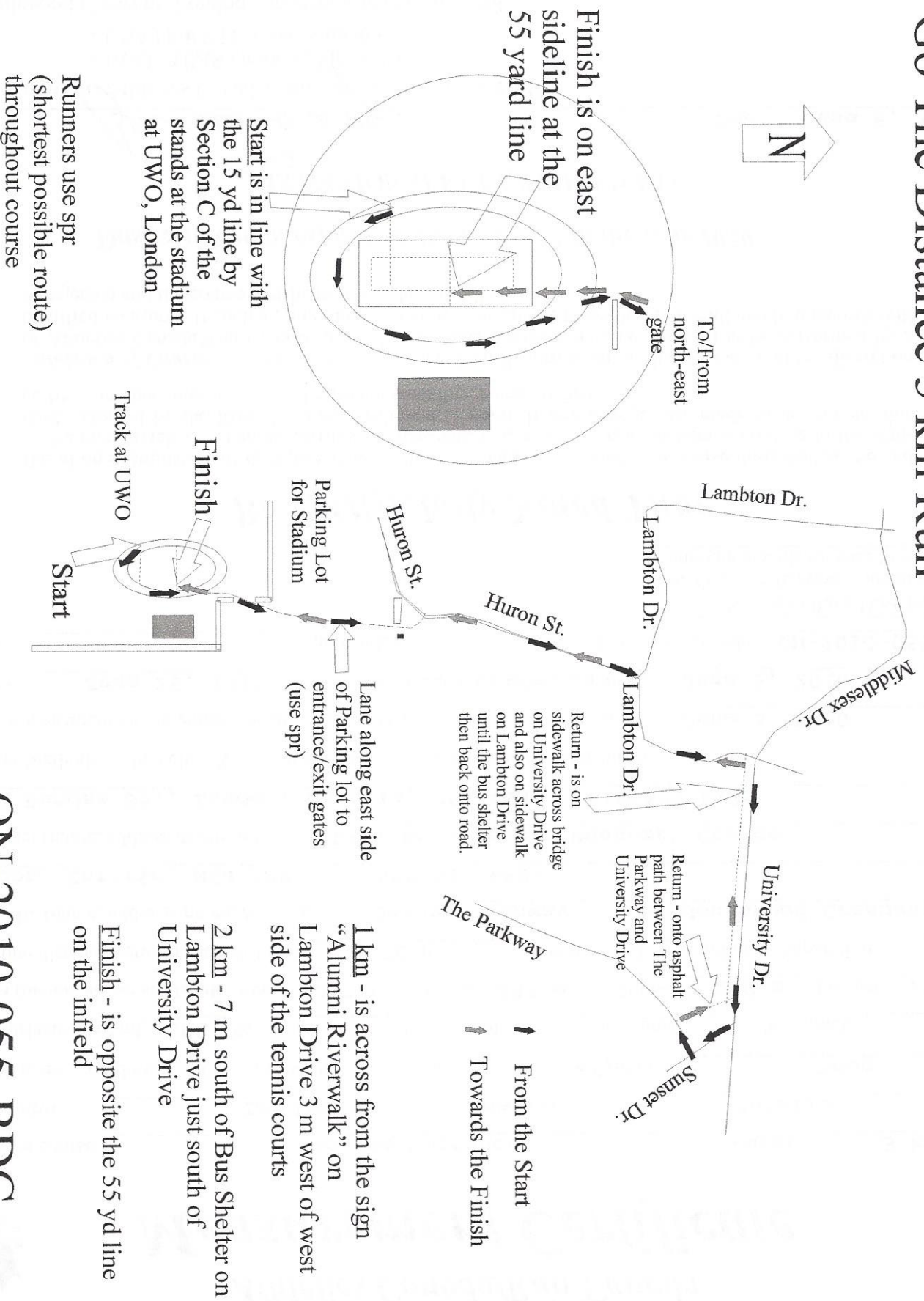
This certification expires on December 31 in the year 2020

AS NATIONALLY CERTIFIED BY:

Bernard Conway Date: June 6, 2010
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

Go The Distance 3 km Run



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