

Athletics Canada/Run Canada Measurement Certificate

Name of the course	Running	Room Hypo	thermic Ha	lf Maratho	on Distance	e21.0	975 km
Location (city)	Montreal		(provine	ce)	Quebec		
Type of course: roa	d race X	calibration	track	Configuration	n: Loc	p (3 la	ps)
Type of surface: pay	red 100 9	% dirt	% gravel	% gra	ass%	track	%
Elevation (meters abo	ve sea level)	Start 0 m	Finish 0 r	n High	est 1 m	Lowest	0 m
Straight line distance	between start &	k finish 5	7 m	Drop 0	m/km S	eparation _	0.3 %
Measured by (name, a	A =	/ · 	7.7.7	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	oniale.		
Race contact (name, a	ddress & phon		rt Marcoux Montreal, Q		ning Room	i	
Measuring Methods:	bicycle X	steel tape	electronic d	listance meter			
Number of measuremen	ents of entire c	ourse: 2	Date(s) when cour	rse measured:_	Oct. 2,	2009	
Race date: Fel	b. 20, 20	10 Cour	se paperwork sub	mission date:_	Jan. 9, 2	010	Market
Replaces:		(if applicabl	e)	Certific	ation code: Q	C-2010-	001-BDC
					Notice t Use this Certific announcement		in all public

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 ouwary?	Date:	Sept.	16,	2009	
Bernard Conway - Athletics Canada/Run Canada National Certifier	List	AU LA DES	22027	120 172 1	•

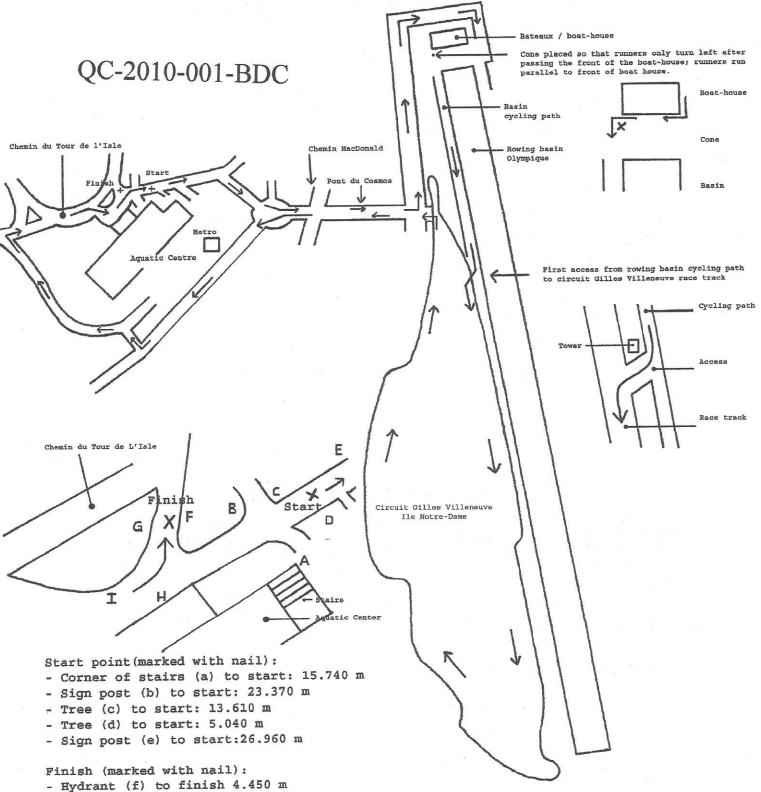
- IAAF/AIMS Grade A Measurer - USATF/RRTC Final Signatory

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

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

Running Room Hypothermic Half-Marathon
Parc Jean Drapeau, Montreal, QC
Run on Ile Sainte-Helene and Ile Notre-Dame
3-lap course
Start and finish at Aquatic Center
(Chemin du Tour de L'Isle)





- Maple tree (g) to finish 7.130 m

- Middle of sewer (h) top to finish 18.400 m

is the exit point on the last lap to the finish line

Start to finish (straight line) 57.390 m

Elevation change over course less than 1 m

Start and finish point shown on map with an X

- Exit point (I) to finish 27.180 m

- Exit point (I) to start 81.834 m - Exit (I) to sewer(h) 11.270 m