



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

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 - Athletics Canada/Run Canada National Certifier

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

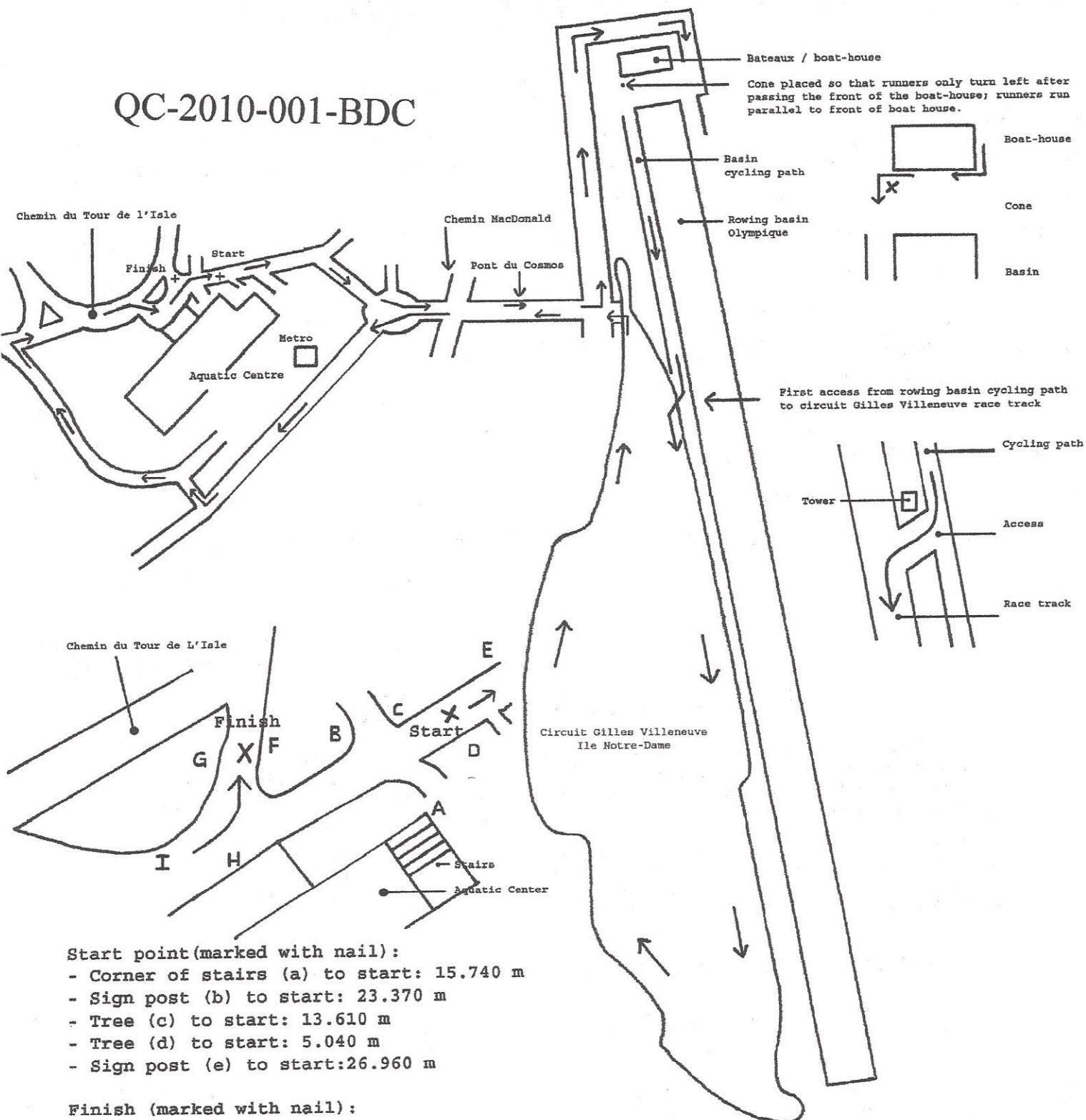
67 Southwood Crescent, London, Ontario, Canada, N6J 1S8

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

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)



QC-2010-001-BDC



Start point (marked with nail):

- Corner of stairs (a) to start: 15.740 m
- Sign post (b) to start: 23.370 m
- Tree (c) to start: 13.610 m
- Tree (d) to start: 5.040 m
- Sign post (e) to start: 26.960 m

Finish (marked with nail):

- Hydrant (f) to finish 4.450 m
- Maple tree (g) to finish 7.130 m
- Middle of sewer (h) top to finish 18.400 m

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

"I" on the start-finish detail map is the exit point on the last lap to the finish line

- Exit point (I) to finish 27.180 m
- Exit point (I) to start 81.834 m
- Exit (I) to sewer (h) 11.270 m