



Athletics Canada/Run Canada Measurement Certificate

Name of the course Trois, 2, 1, Go! 5K Distance 5 km
Location (city) Montréal (province) Québec
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Loop
Type of surface: paved 100 % dirt % gravel % grass % track %
Elevation (meters above sea level) Start 50 m Finish 50 m Highest 63 m Lowest 40 m
Straight line distance between start & finish 7.3 m Drop 0 m/km Separation 0.1 %
Measured by (name, address, phone & e-mail) Christine Bush & Mark McGowan
130 Maria, Lasalle, QC, H8R 3M1 514-365-2274
Race contact (name, address & phone) Annick Girard 514-605-4091
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐
Number of measurements of entire course: 2 Date(s) when course measured: April 1/2010
Race date: Aug. 22/2010 Course paperwork submission date: April 13/2010
Replaces: (if applicable) Certification code: QC-2010-026-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

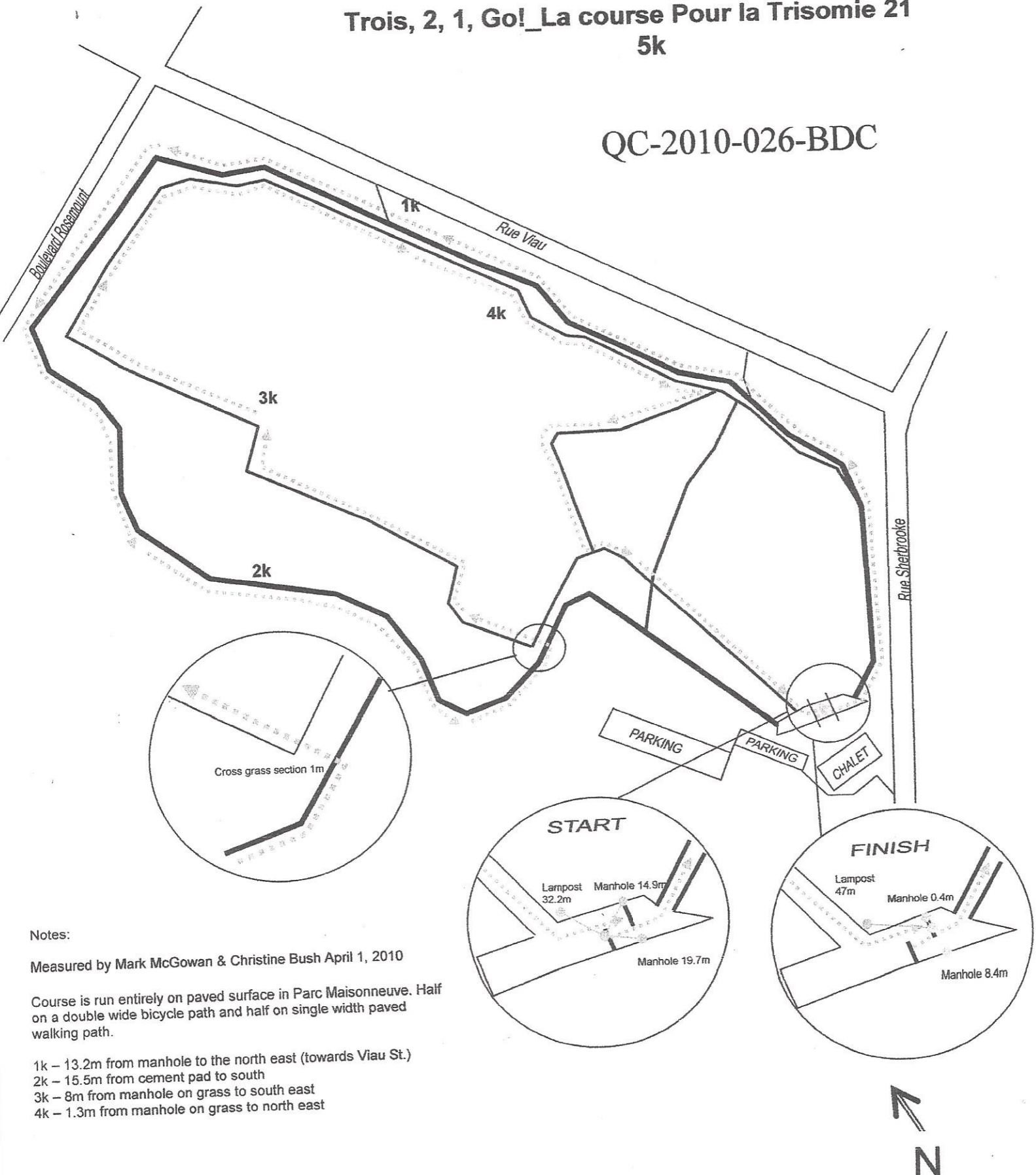
AS NATIONALLY CERTIFIED BY:

Bernard Conway Date: April 28/2010
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

Trois, 2, 1, Go!_La course Pour la Trisomie 21 5k

QC-2010-026-BDC



Notes:

Measured by Mark McGowan & Christine Bush April 1, 2010

Course is run entirely on paved surface in Parc Maisonneuve. Half on a double wide bicycle path and half on single width paved walking path.

- 1k - 13.2m from manhole to the north east (towards Viau St.)
- 2k - 15.5m from cement pad to south
- 3k - 8m from manhole on grass to south east
- 4k - 1.3m from manhole on grass to north east