



Athletics Canada/Run Canada Measurement Certificate

Name of the course Course des Riverains 10k Distance 10 km
Location (city) Chateauguay (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 43 m Finish 43 m Highest 47 m Lowest 31 m
Straight line distance between start & finish 410 m Drop 0 m/km Separation 4 %
Measured by (name, address, phone & e-mail) Christine Bush and Mark McGowan
130 Maria, Lasalle, QC, H8R 3M1 514-365-2274
Race contact (name, address & phone) Yves Daigneault
514-544-2396
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐
Number of measurements of entire course: 2 Date(s) when course measured: June 5/2010
Race date: July 4/2010 Course paperwork submission date: June 9/2010
Replaces: (if applicable) Certification code: QC-2010-059-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
Bernard Conway - Athletics Canada/Run Canada National Certifier
- IAAF/AIMS Grade A Measurer
- USATF/RRTC Final Signatory

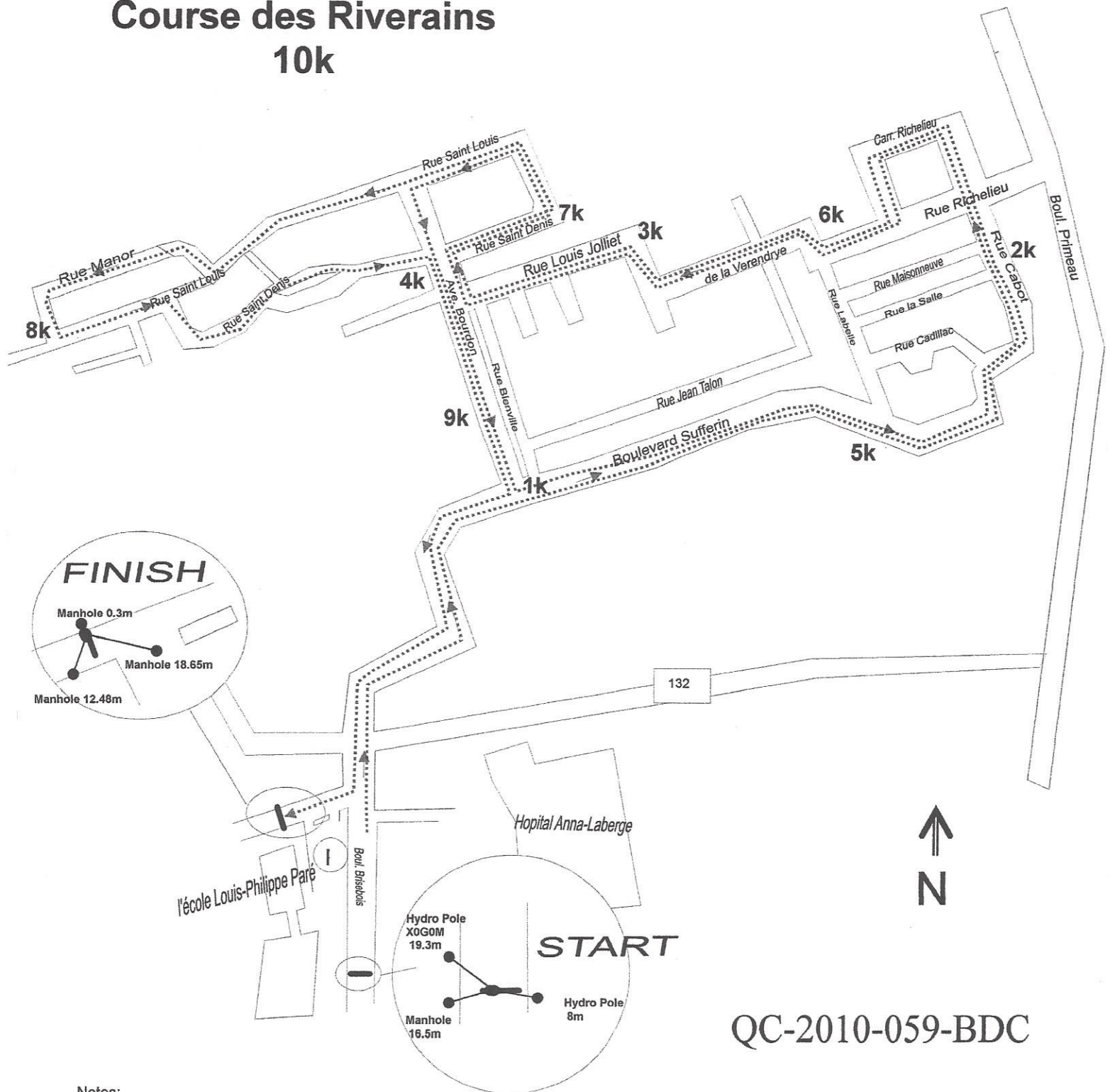
Date: June 9/2010

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

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

Course des Riverains

10k



Notes:

Measured by Mark McGowan & Christine Bush June 5, 2010

Course is run entirely on paved surface, Runers have run of the road, however streets will not be closed to traffic.

- 1k – Corner of Sufferin & Bourgade, 6.7m from manhole to west & 5m from manhole to west.
2k – Between Lasalle & Maisonneuve on Cabot 6.8m north of water main & 7m from manhole
3k – In front of #72 Louis Jolliet , 9m from manhole & 7.5m from lamp post
4k – South of corner of Saint Denis on Bourdon. 9.6m from Stop sign & 4.4m from water main
5k – In front of #124 Sufferin, 5.5m from manhole on north & 5m from manhole on south
6k - In front of #103 Richelieu, 11.5m from manhole to north and 4.7m from manhole on south
7k - In front of #99 Saint Denis, 4.7m from fire hydrant
8k - In corner on the side of #12 Manor, 7m from manhole
9k - In front of #136 Bourdon & 22.36m from fire hydrant