



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Un pas vers l'espoir 10k Distance 10 km  
Location (city) Blainville (province) Québec  
Type of course: road race ☒ calibration track Configuration: Loop (2 laps)  
Type of surface: paved 100 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %  
Elevation (meters above sea level) Start 66 m Finish 68 m Highest 75 m Lowest 61.5 m  
Straight line distance between start & finish 176 m Drop -0.2 m/km Separation 1.8 %  
Measured by (name, address, phone & e-mail) Mark McGowan & Christine Bush  
130 Maria, Lasalle, QC, H8R 3M1 514-365-2274  
Race contact (name, address & phone) Liza Poulin  
[lizapoulin@live.ca](mailto:lizapoulin@live.ca) 514-865-8596  
Measuring Methods: bicycle ☒ steel tape electronic distance meter  
Number of measurements of entire course: 2 Date(s) when course measured: June 10/2010  
Race date: Sept. 26/2010 Course paperwork submission date: Aug. 4/2010  
Replaces: \_\_\_\_\_ (if applicable) Certification code: QC-2010-082-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: Aug. 5/2010

67 Southwood Crescent, London, Ontario, Canada, N6J 1S8  
Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: [measurer@rogers.com](mailto:measurer@rogers.com)

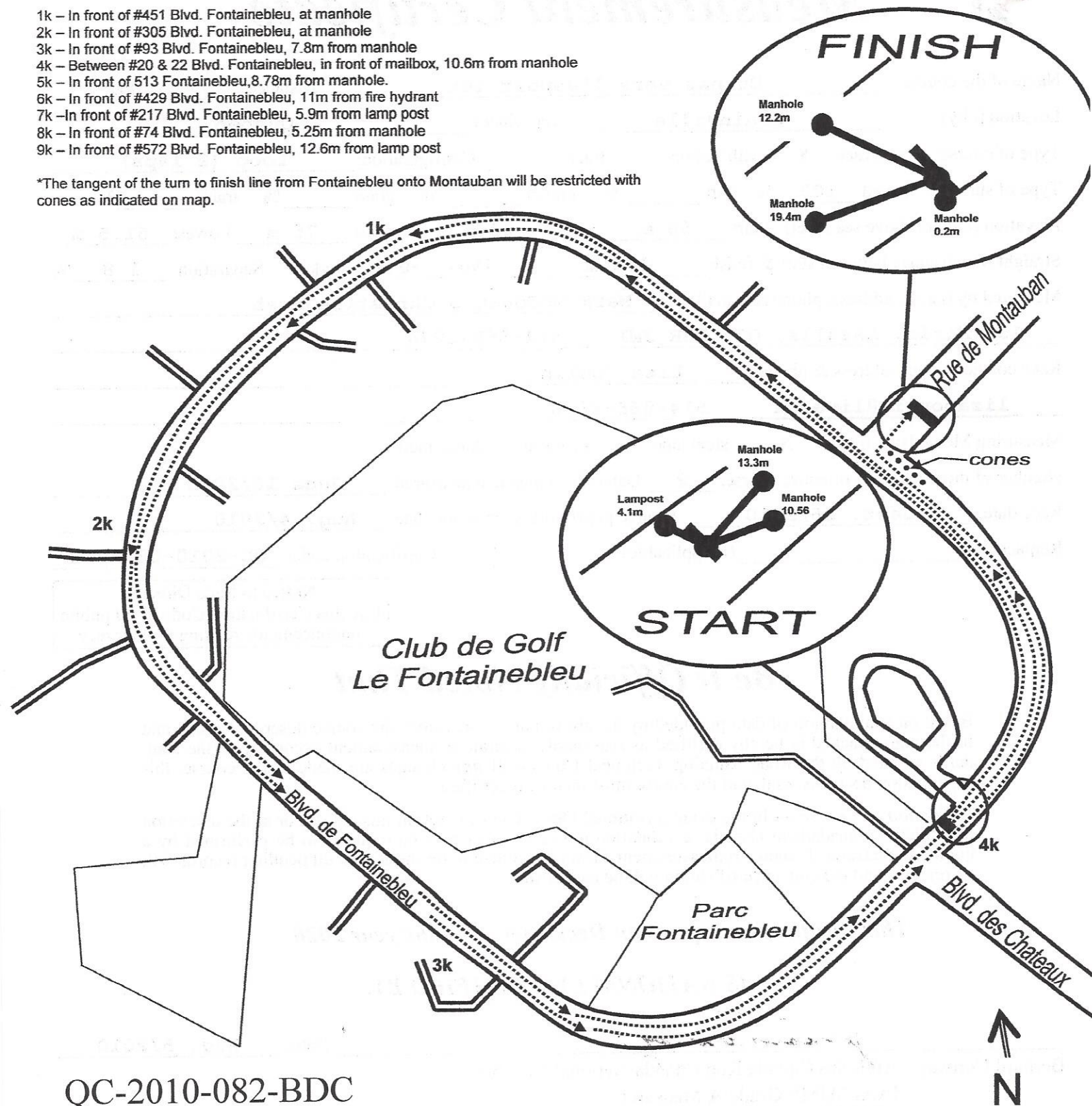
# Un pas vers l'espoir 10k

Notes: Measured by Mark McGowan & Christine Bush June 10, 2010

Course is run entirely on paved surface. Runners will be restricted to the bicycle path on inside / left hand side of circle (shortest route) on Blvd. Fontainebleu.

- 1k - In front of #451 Blvd. Fontainebleu, at manhole
- 2k - In front of #305 Blvd. Fontainebleu, at manhole
- 3k - In front of #93 Blvd. Fontainebleu, 7.8m from manhole
- 4k - Between #20 & 22 Blvd. Fontainebleu, in front of mailbox, 10.6m from manhole
- 5k - In front of 513 Fontainebleu, 8.78m from manhole.
- 6k - In front of #429 Blvd. Fontainebleu, 11m from fire hydrant
- 7k - In front of #217 Blvd. Fontainebleu, 5.9m from lamp post
- 8k - In front of #74 Blvd. Fontainebleu, 5.25m from manhole
- 9k - In front of #572 Blvd. Fontainebleu, 12.6m from lamp post

\*The tangent of the turn to finish line from Fontainebleu onto Montauban will be restricted with cones as indicated on map.



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