



Athletics Canada/Run Canada Measurement Certificate

Name of the course Adjusted Course des Riverains 5k Distance 5 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 157 m Drop 0 m/km Separation 3 %
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 (2001 adj.)
Race date: July 4/2010 Course paperwork submission date: June 9/2010
Replaces: _____ (if applicable) Certification code: QC-2010-115-BDC

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

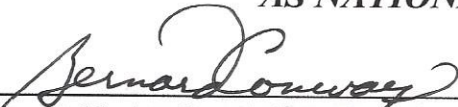
Be It Officially Noted That

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 - Athletics Canada/Run Canada National Certifier
- IAAF/AIMS Grade A Measurer
- USATF/RTC Final Signatory

Date: May 6/2011

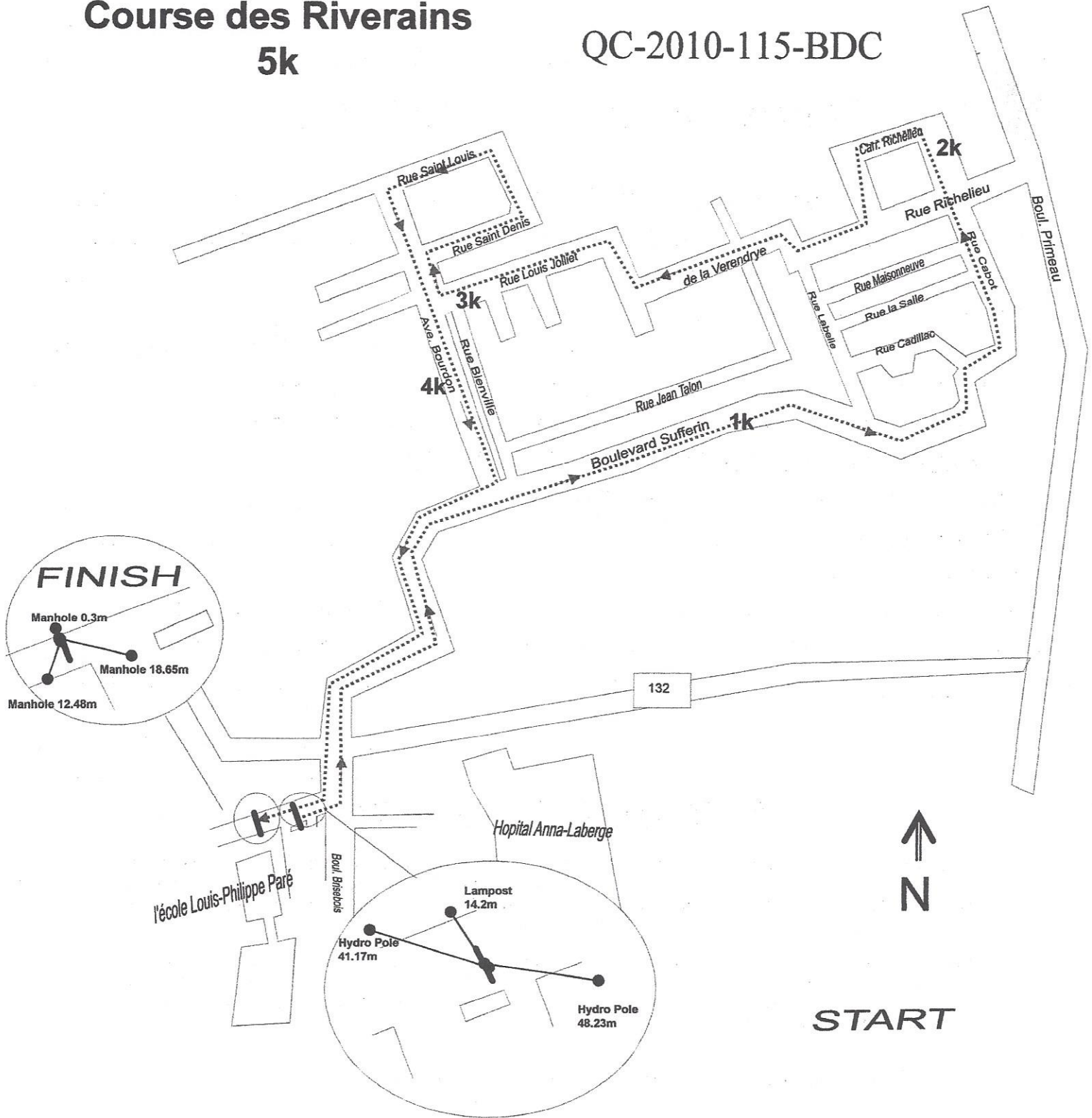
67 Southwood Crescent, London, Ontario, Canada, N6J 1S8

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

Course des Riverains

5k

QC-2010-115-BDC



Notes:

Measured by Mark McGowan & Christine Bush April 11, 2010

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

- 1k – In front of #157 Boul. Sufferin, 14.8m from fire hydrant & 10.6m from manhole.
- 2k – In front of #4 Rue Cabot, 6.5m from manhole.
- 3k – In front of #402 Louis Jolliet on corner of rue Bienville
- 4k – In front of #136 Ave. Bourdon & 22.36m from fire hydrant.