



Athletics Canada/Run Canada Measurement Certificate

Name of the course Run For Retina 5 km Distance 5 km
Location (city) London (province) Ontario
Type of course: road race ☒ calibration track Configuration: Out/Back
Type of surface: paved 100 % dirt _____ % gravel _____ % grass _____ % track _____ %
Elevation (meters above sea level) Start 232 m Finish 232 m Highest 243 m Lowest 212 m
Straight line distance between start & finish 0 Drop 0 m/km Separation 0 %
Measured by (name, address, phone & e-mail) Bernard Conway 67 Southwood Crescent
London, Ontario, N6J 1S8 519-641-6889
Race contact (name, address & phone) Kim Spriet 205 Green Hedge Lane
London, Ontario, N6H 5A7 519-657-6289
Measuring Methods: bicycle ☒ steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: March 22/2011
Race date: April 10/2011 Course paperwork submission date: April 5, 2011
Replaces: ON-2003-011-BDC (if applicable) Certification code: ON-2011-008-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 2021

AS NATIONALLY CERTIFIED BY:



Date: April 5/2011

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

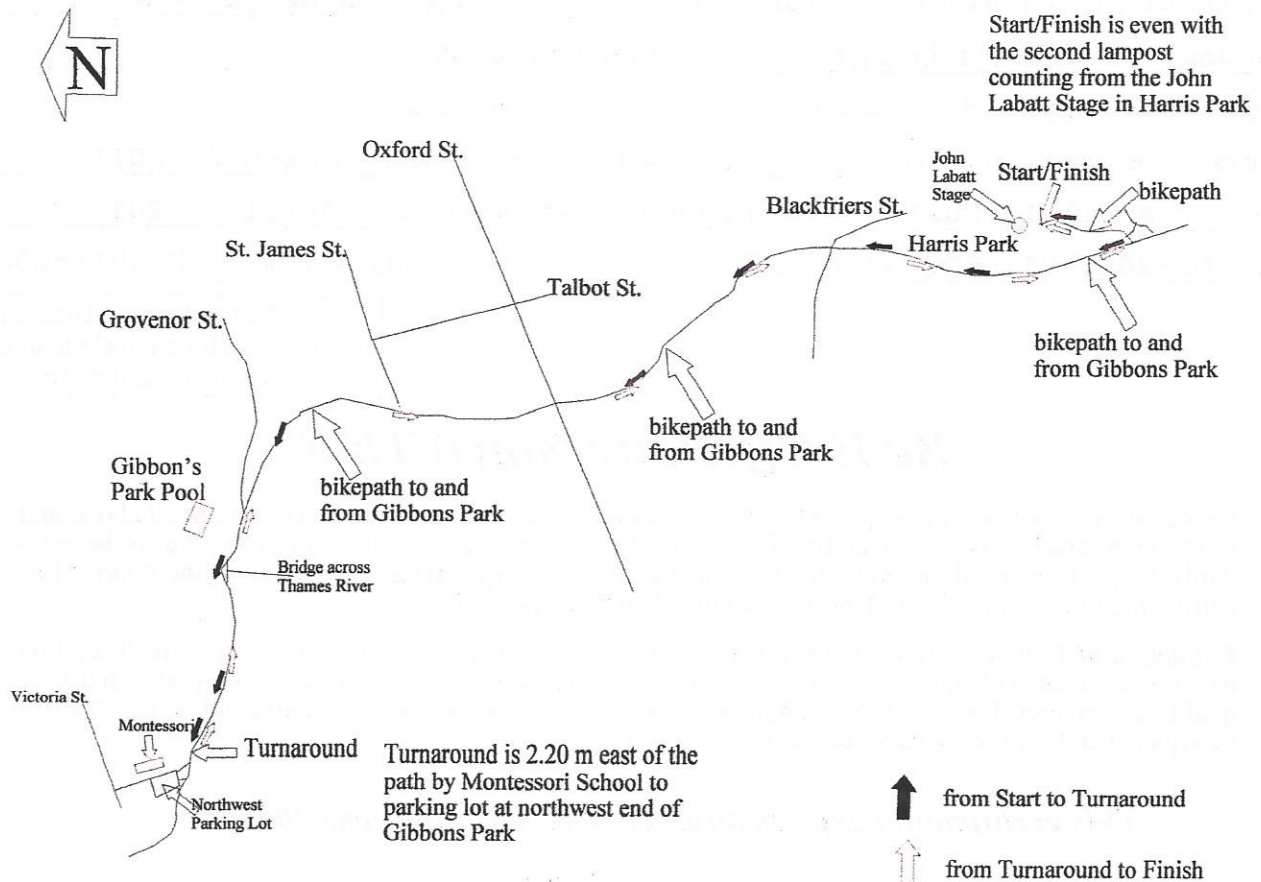
Run For Retina 5 km

Start/Finish – is even with the second lamppost counting from the John Labatt Stage on the bikepath leading to/from the stage.

1 km/4 km – on bikepath between Gibbons Park and Harris Park, 37 m south of the south side of the older elevated open parking garage for the apartment building south of the Ann St. entrance to bikepath south of Oxford St.

2 km/3 km – 26 m east of the blue metal sign at the east end of Gibbon's Park Pool.

Turnaround – is on the bikepath in Gibbons Park, 2.20 m east of east path (closest to Montessori School) to the parking lot off Victoria St.



ON-2011-008-BDC