



Athletics Canada/Run Canada Measurement Certificate

Name of the course Forest City 10 km Distance 10 km
Location (city) London (province) Ontario
Type of course: road race ☒ calibration track Configuration: Loop
Type of surface: paved 100 % dirt % gravel % grass % track %
Elevation (meters above sea level) Start 246 m Finish 246 m Highest 246 m Lowest 236 m
Straight line distance between start & finish 270 m Drop 0 m/km Separation 3 %
Measured by (name, address, phone & e-mail) Bernard Conway 67 Southwood Crescent
London, Ontario, N6J 1S8 519-641-6889
Race contact (name, address & phone) Arnie Spivey 40298 Huron St. E
RR3 Exeter, Ontario, N0M 1S5 519-671-2187
Measuring Methods: bicycle ☒ steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: April 3/2011
Race date: May 1/2011 Course paperwork submission date: April 6/2011
Replaces: ON-2006-007-BDC (if applicable) Certification code: ON-2011-011-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:

Bernard Conway Date: April 6/2011
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

Forest City 10 km

Start – on Clarence St., 6.56 m north of the south side of the First Baptist Church on the Park, 5.17 m south of the north side of the Bandshell in Victoria Park.

1 km – 29 m west of the west curb of Ridout St. on Queens Ave.

2 km – 1 m south of 117 Wharncliffe Rd.

3 km – 2 m south of the north curb of McDonald Ave. on Wharncliffe Rd., north of Oxford St.

4 km – 8 m north of the south side of 1099 Western Rd.

5 km – 47 m west of the west curb of Lambton Drive on Huron Drive.

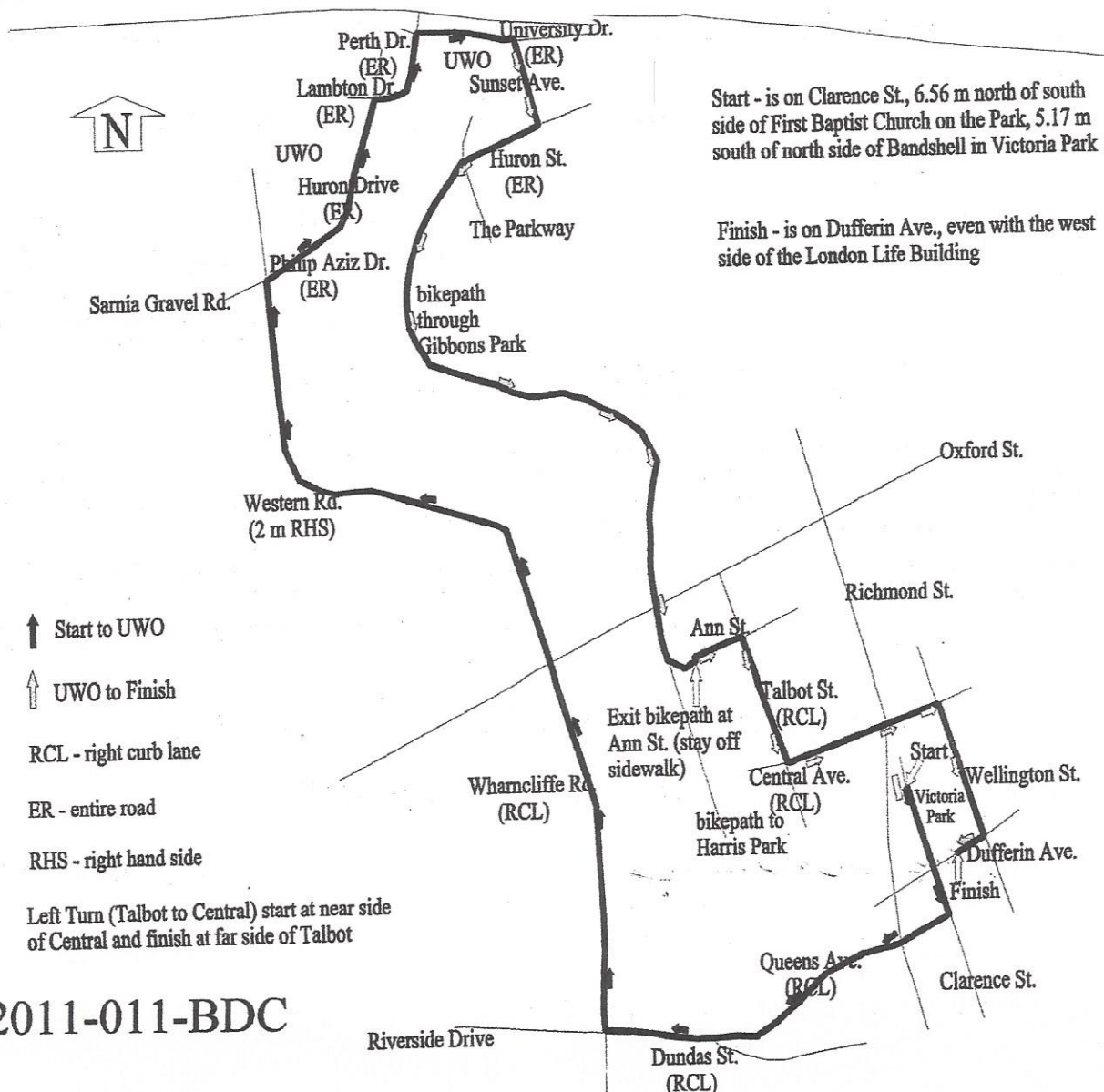
6 km – 10 m east of east curb of Westview Drive on Huron St.

7 km – 48 m east of path by Montessori School on bikepath in Gibbons Park, 4 m east of first bench east of parking lot off Victoria St.

8 km – on bikepath from Gibbons Park to Harris Park, 22 m south of practice wall of Tennis Court north of Oxford St.

9 km – even with east end of apartment building at 128 Central Ave.

10 km Finish – on Dufferin Ave., even with west side of the London Life Building.



ON-2011-011-BDC