



*Athletics Canada/Run Canada*  
**Measurement Certificate**

Name of the course Forest City 5 km Distance 5 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 165 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 7/2011  
Race date: May 1/2011 Course paperwork submission date: April 8/2011  
Replaces: \_\_\_\_\_ (if applicable) Certification code: ON-2011-013 -BDC

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

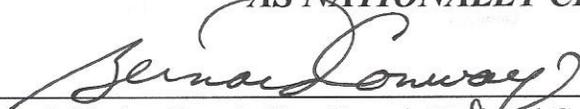
***Be It Officially Noted That***

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 8/2011

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](mailto:measurer@rogers.com)

## Forest City 5 km

**Start** - even with the north side of the Centennial Hall Events sign, 4.0 m north of the main floor, 15.34 m south of drain on west side of Wellington St. across from main door of Centennial Hall.

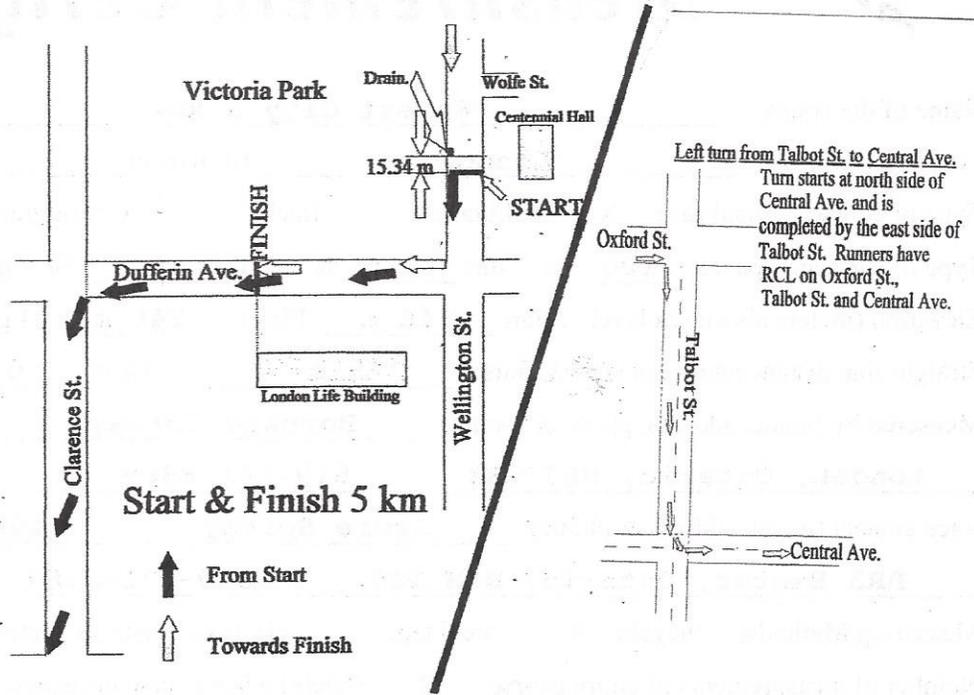
**1 km** - 1 m east of the west end of the bus shelter on Queens Ave., east of Ridout St.

**2 km** - 7 m south of south side of the house at 105 Wharncliffe Rd.

**3 km** - right hand side of the front door of 2 Oxford St. West.

**4 km** - even with the east side of the house at 128 Central Ave.

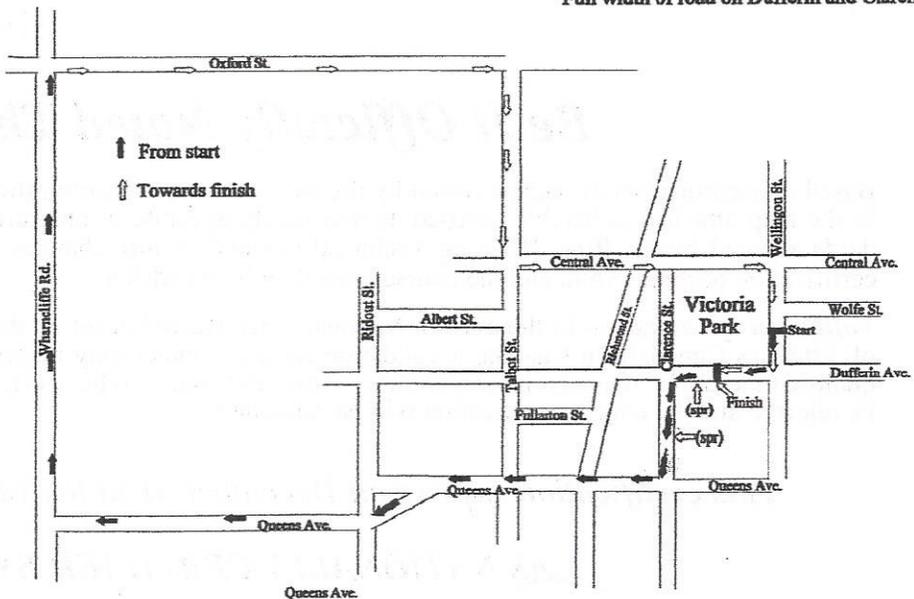
**5 km** - even with the west side of the London Life building.



## Forest City 5 km Victoria Park Course

### DIRECTIONS

Runners have the use of the right lane on all roads except where indicated.  
 \*Full width of road on Dufferin and Clarence.



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