



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Downtown Dash 5K Distance 5 km  
Location (city) Burlington (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 79 m Finish 77 m Highest 87 m Lowest 74 m  
Straight line distance between start & finish 145 m Drop 0.4 m/km Separation 3 %  
Measured by (name, address, phone & e-mail) Joe Hewitt 37 Fairwood Place West  
Burlington, ON, L7T 1E4 905-333-0652  
Race contact (name, address & phone) Kelly Arnott 561 Blant St., PO Box 85030  
Burlington, ON, L7R 4K3 905-639-8053  
Measuring Methods: bicycle ☒ steel tape electronic distance meter  
Number of measurements of entire course: 2 Date(s) when course measured: April 11/2011  
Race date: July 14/2011 Course paperwork submission date: May 6/2011  
Replaces: \_\_\_\_\_ (if applicable) Certification code: ON-2011-023-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  
Bernard Conway - Athletics Canada/Run Canada National Certifier  
- IAAF/AIMS Grade A Measurer  
- USATF/RRTC Final Signatory

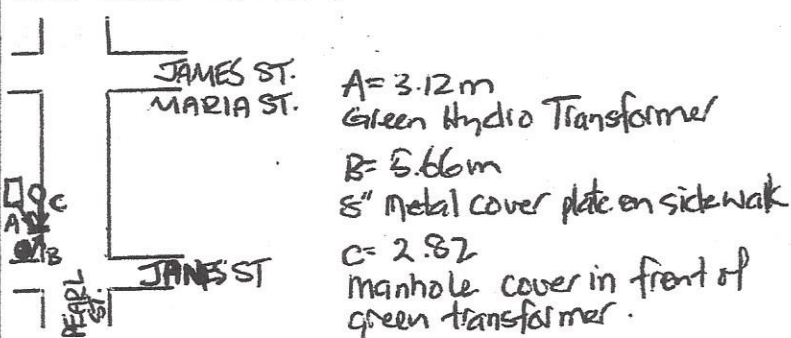
Date: May 7/2011

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)

- 0- START-Pearl, just north of James St, see detail
- 1- 1363 Lakeshore Rd, E. side of apt. building.
- 2- 611 Maple Ave, N. side of driveway
- 3- Lambshead & Hammond in line with north edge of sidewalk on the SW corner
- 4- 1434 Caroline St. in line with front door
- 5- FINISH - Pearl St. see detail.  
(same finish as 10K)

START DETAIL ON PEARL ST.



FINISH DETAIL ON PEARL ST.

