



Athletics Canada/Run Canada
Measurement Certificate

Name of the course Twenty Valley Run, Wine Dine 3 km Distance 3 km
Location (city) Lincoln County (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 74 m Finish 72 m Highest 77 m Lowest 72 m
Straight line distance between start & finish 100 m Drop 0.7 m/km Separation 3 %
Measured by (name, address, phone & e-mail) Bernie Conway 67 Southwood Crescent
London, Ontario, N6J 1S8 519-641-6889 and Jerry Friesen
Race contact (name, address & phone) Jerry Friesen 38 Viking Drive
Grimsby, Ontario, L3M 3V3 905-562-8669
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐
Number of measurements of entire course: 2 Date(s) when course measured: May 10/2011
Race date: July 17/2011 Course paperwork submission date: May 16/2011
Replaces: (if applicable) Certification code: ON-2011-030-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:

Bernie Conway Date: May 17/2011
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

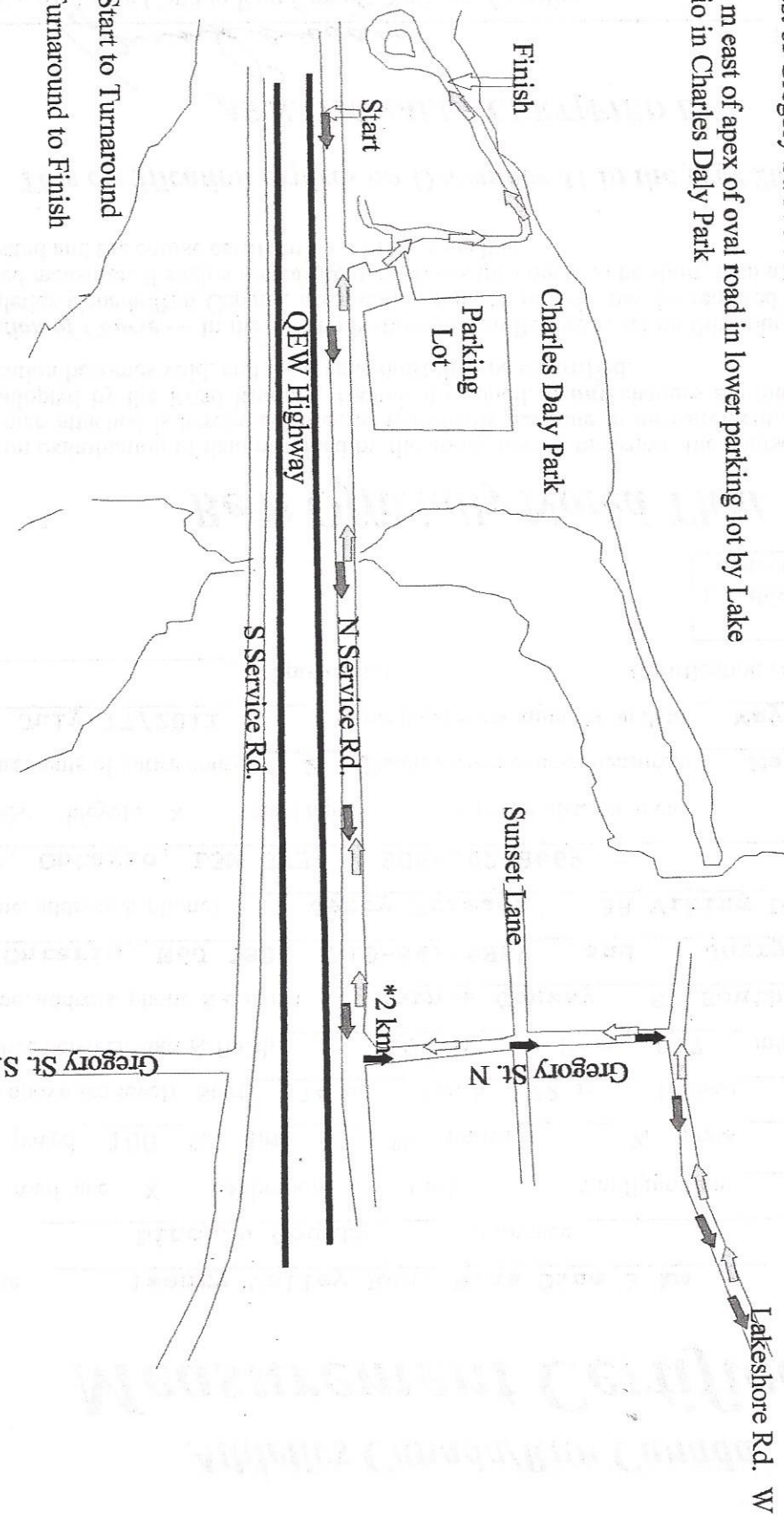
Twenty Valley Run, Wine, Dine 3 km

Start - 81.9 m west of the west side of Charles Daly Park Entrance/Exit
1 km - 63 m south of Lakeshore Rd. W on Gregory St. N
Turnaround - 3 m west of mailboxes for 1240 Lakeshore Rd. W

Lake Ontario

2 km - 8 m west of Gregory St. N on N Service Rd.

Finish - 26.87 m east of apex of oval road in lower parking lot by Lake Ontario in Charles Daly Park



Note - inside park runners have entire road and run spr. Outside the park 3 km runners have right curb lane

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