



Athletics Canada/Run Canada
Measurement Certificate

Name of the course Run For the Grapes 5K Distance 5 km
Location (city) St. Catharines (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 105 m Finish 105 m Highest 105 m Lowest 90 m
Straight line distance between start & finish 96 m Drop 0 m/km Separation 2 %
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 30 & June 2/2011
Race date: Sept. 18/2011 Course paperwork submission date: June 4/2011
Replaces: (if applicable) Certification code: ON-2011-051-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:

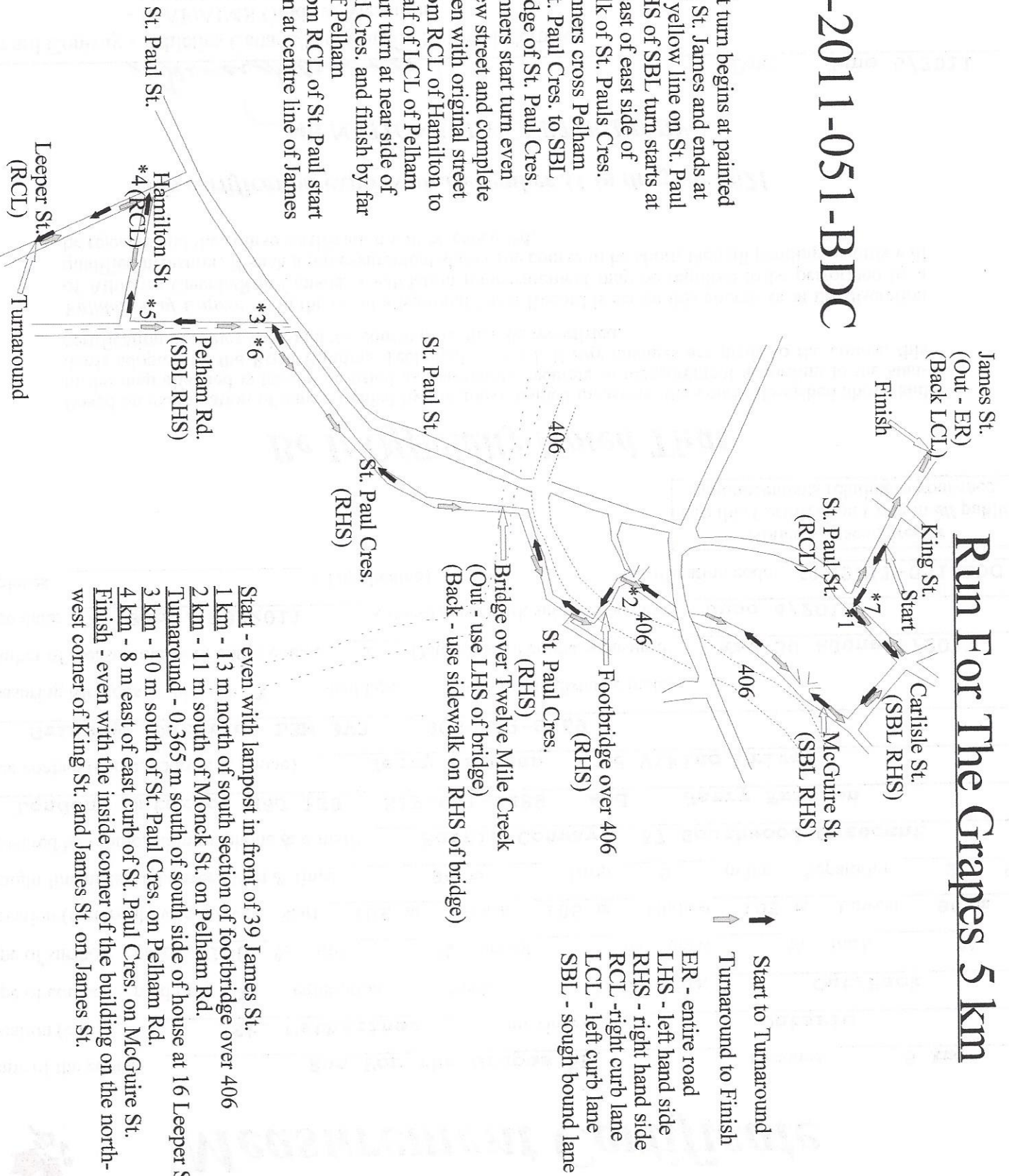
 Date: June 5/2011
Bernard Conway - Athletics Canada/Run Canada National Certifier
- IAAF/AIMS Grade A Measurer
- USATF/RRTC Final Signatory

67 Southwood Crescent, London, Ontario, Canada, N6J 1S8
Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: measurer@rogers.com

Run For The Grapes 5 km

ON-2011-051-BDC

- *1 - left turn begins at painted stop on St. James and ends at start of yellow line on St. Paul
- *2 - RHS of SBL turn starts at 2.5 m east of east side of sidewalk of St. Pauls Cres.
- *3 - runners cross Pelham from St. Paul Cres. to SBL south edge of St. Paul Cres.
- *4 - runners start turn even with new street and complete turn even with original street
- *5 - from RCL of Hamilton to right half of LCL of Pelham
- *6 - start turn at near side of St. Paul Cres. and finish by far edge of Pelham
- *7 - from RCL of St. Paul start left turn at centre line of James



- Start - even with lamppost in front of 39 James St.
- 1 km - 13 m north of south section of footbridge over 406
- 2 km - 11 m south of Monck St. on Pelham Rd.
- Turnaround - 0.365 m south of south side of house at 16 Leeper St.
- 3 km - 10 m south of St. Paul Cres. on Pelham Rd.
- 4 km - 8 m east of east curb of St. Paul Cres. on McGuire St.
- Finish - even with the inside corner of the building on the north-west corner of King St. and James St. on James St.

- Start to Turnaround
- Turnaround to Finish
- ER - entire road
- LHS - left hand side
- RHS - right hand side
- RCL - right curb lane
- LCL - left curb lane
- SBL - south bound lane