



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Summer Night 5K Run Distance 5 km  
Location (city) London (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 820 ft Finish 820 ft Highest 820 ft Lowest 790 ft  
Straight line distance between start & finish 34 m Drop 0 m/km Separation 0.7 %  
Measured by (name, address, phone & e-mail) Bernard Conway 67 Southwood Crescent  
London, Ontario, N6J 1S8 519-641-6889  
Race contact (name, address & phone) Paul Roberts c/o Runners' Choice  
207 Dundas St., London, Ontario, N6J 1G4 519-672-5928  
Measuring Methods: bicycle ☒ steel tape electronic distance meter  
Number of measurements of entire course: 2 Date(s) when course measured: June 9/2011  
Race date: \_\_\_\_\_ Course paperwork submission date: June 9/2011  
Replaces: ON-2007-059-BDC (if applicable) Certification code: ON-2011-054-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:

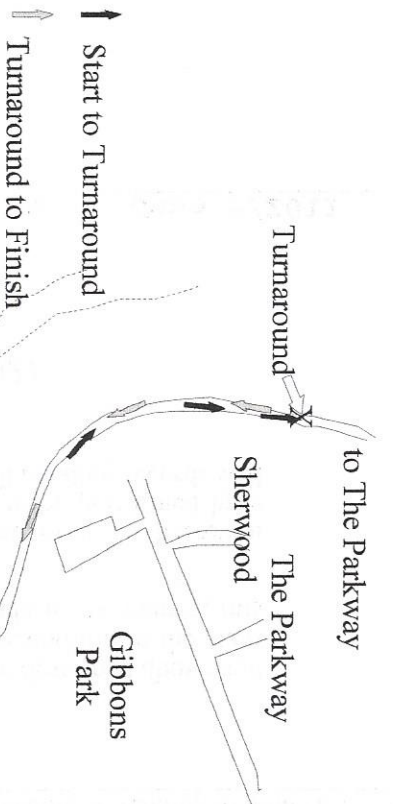
Bernard Conway  
Bernard Conway - Athletics Canada/Run Canada National Certifier  
- IAAF/AIMS Grade A Measurer  
- USATF/RRTC Final Signatory

Date: June 9/2011

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)

# Summer Night 5K Run



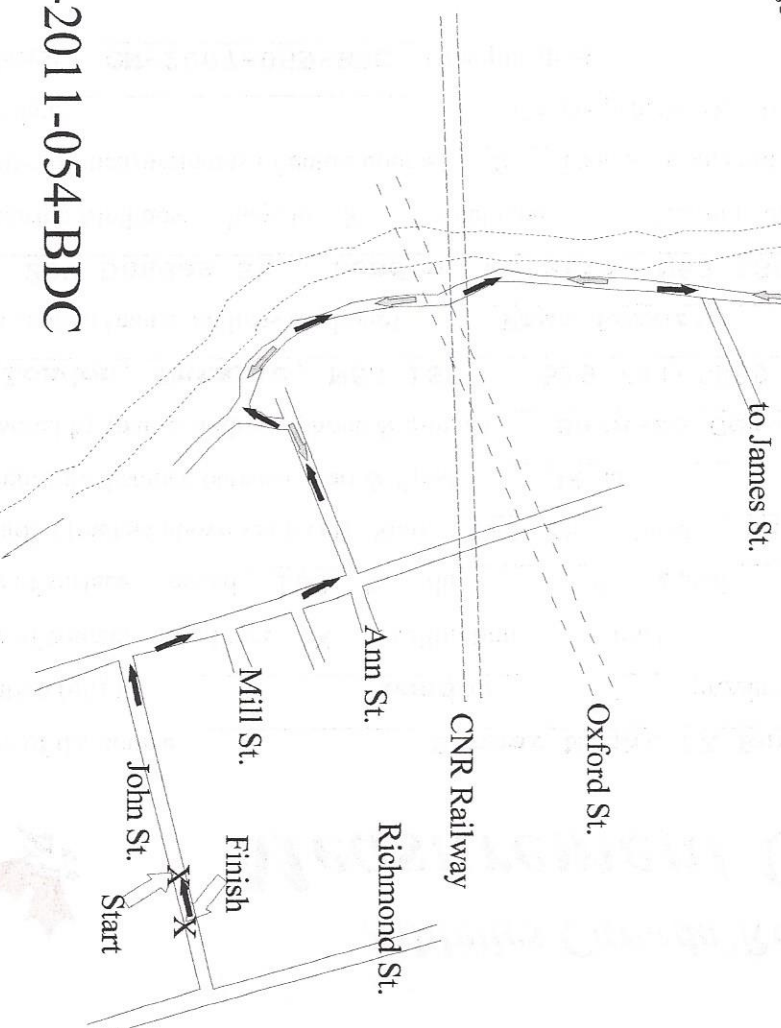
to Grosvenor St.

Runners have entire road & bikepath

to James St.

Pedestrian Bridge

Start - opposite the left hand side of the front door of 189 John St., in line with the west side of 192 John St.  
 1 km - 17 m north of the north side of the CNR railway bridge on the bikepath north of Oxford St.  
 2 km - 91 m west of the washroom west of Gibbon's Park Pool, 18 m east of the first bench east of the the parking lot by the Montessori School  
 Turnaround - 443.4 m west of the west curb of The Parkway, 185.95 m north of the bench by the memorial rock to Olga Chambers  
 3 km - 61 m west of the west side of the washroom west of Gibbon's Park Pool  
 4 km - 10 m south of the south side of the CPR railway bridge  
 5 km Finish - even with the east side of 200 John St. at the metal fence on the west side of the Barking Frog



ON-2011-054-BDC