



Athletics Canada/Run Canada Measurement Certificate

Name of the course Fab 5K Distance 5 km
Location (city) Hamilton (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 76 m Finish 76 m Highest 93 m Lowest 74 m
Straight line distance between start & finish 1 m Drop 0 m/km Separation 0.02 %
Measured by (name, address, phone & e-mail) Joe Hewitt 4151 Spruce Ave.
Burlington, ON, L7L 1K8 905-333-0652
Race contact (name, address & phone) Marie Elliott 870 Eagle Drive
Burlington, ON, L7T 3A4 905-681-1294
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐
Number of measurements of entire course: 2 Date(s) when course measured: May 13/2011
Race date: June 18/2011 Course paperwork submission date: June 7/2011
Replaces: (if applicable) Certification code: ON-2011-055-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 Date: June 10/2011
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

FAB 5K, HAMILTON, ONTARIO

START - See detail

1K - NW corner of Bayfront pathway on Headland, mid-way between the first two lamp posts
2K - 100m west of the Start line
3K - 50m east of park bench by a lone group of three cedar trees on water side of path
4K - In front of portable toilet location, east of first pathway split
5K - FINISH - See detail

Runners turn to left around island in the pathway

CN RAIL LANDS

Lake Ontario

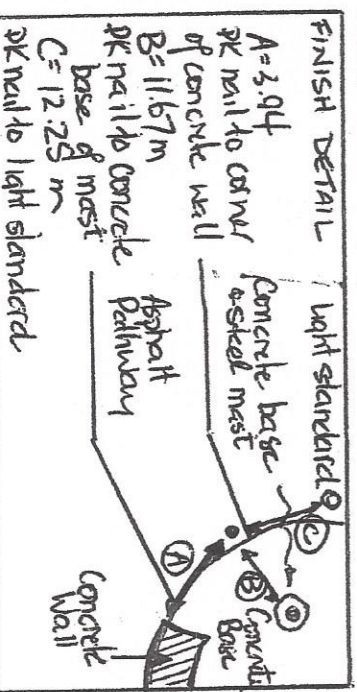
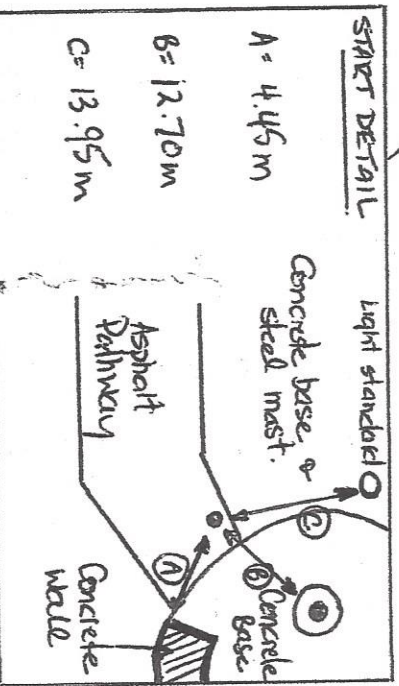
shoeline

Pathway

toilet

PARKING AREA

Micassa Bay



* Course measured along Bayfront Park asphalt pavement riding the sharpest possible path. Runners will likely run on the right during out and back sections

CN RAIL LANDS.

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