



Athletics Canada/Run Canada
Measurement Certificate

Name of the course Rock The Road 10K Distance 10 km
Location (city) London (province) Ontario
Type of course: road race ☒ calibration track Configuration: Partial Loop
Type of surface: paved 100 % dirt _____ % gravel _____ % grass _____ % track _____ %
Elevation (meters above sea level) Start 277 m Finish 259 m Highest 277 m Lowest 239 m
Straight line distance between start & finish 750 m Drop 1.8 m/km Separation 7.5 %
Measured by (name, address, phone & e-mail) Bernard Conway 67 Southwood Crescent
London, Ontario, N6J 1S8 519-641-6889
Race contact (name, address & phone) Brandon Laan 86 Toohey Court
London, Ontario, N6G 4Y1 519-868-1117
Measuring Methods: bicycle ☒ steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: June 26/2011
Race date: August 21/2011 Course paperwork submission date: June 28/2011
Replaces: _____ (if applicable) Certification code: ON-2011-057-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.

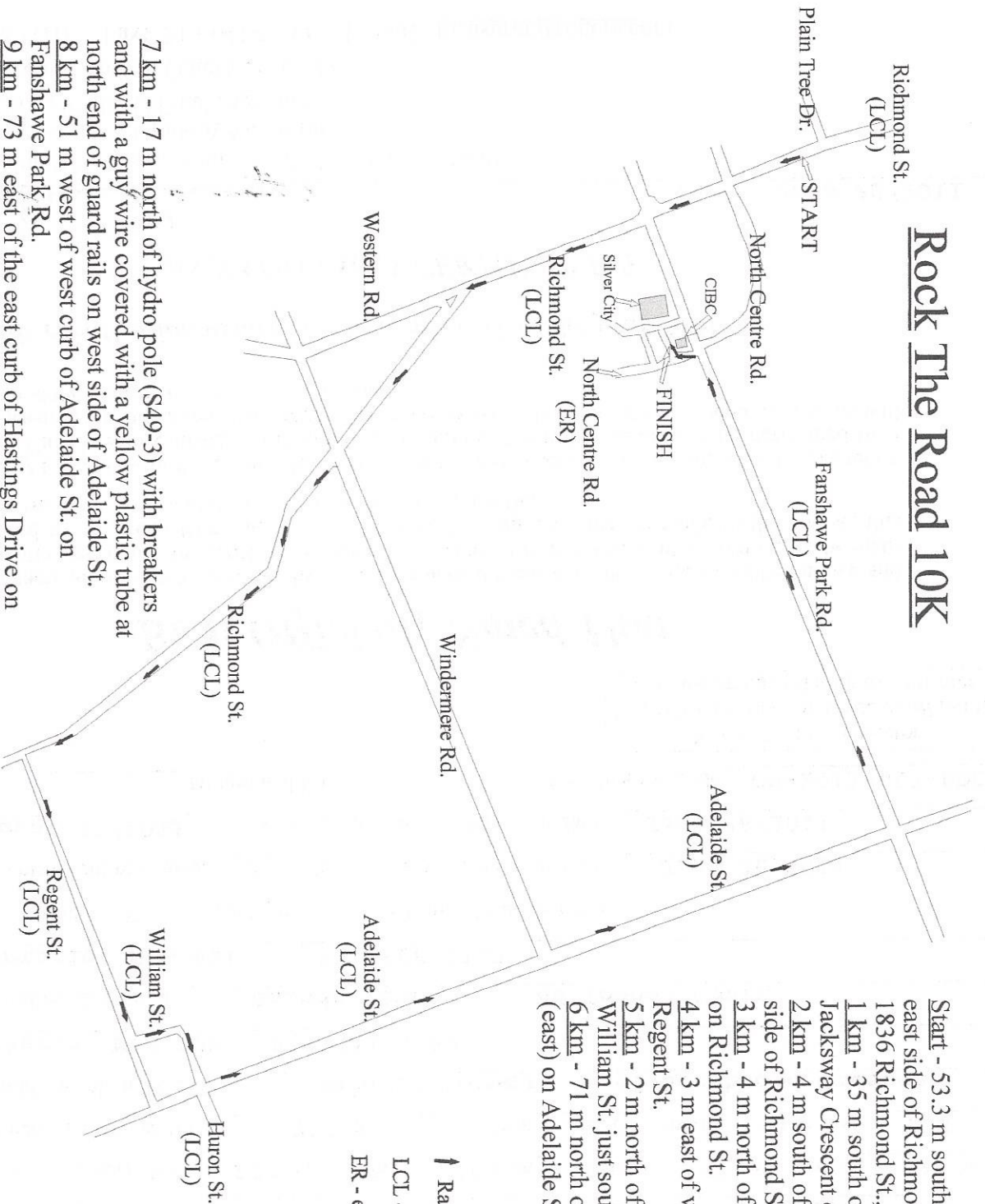
This certification expires on December 31 in the year 2021

AS NATIONALLY CERTIFIED BY:

Bernard Conway Date: June 29/2011
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

Rock The Road 10K



Start - 53.3 m south of south side of drain on east side of Richmond St., south of entrance to 1836 Richmond St.,
 1 km - 35 m south of south curb of Jacksway Crescent on Richmond St.
 2 km - 4 m south of sign for Bus Stop on east side of Richmond St., north of Windermere Rd.
 3 km - 4 m north of south curb of Parkdale Ave. on Richmond St.
 4 km - 3 m east of west side of house at 276 Regent St.
 5 km - 2 m north of north side of house at 1096 William St. just south of Huron St.
 6 km - 71 m north of north curb of Kippis Lane (east) on Adelaide St.

↑ Race Route
 LCL - left curb lane
 ER - entire road

7 km - 17 m north of hydro pole (S49-3) with breakers and with a guy wire covered with a yellow plastic tube at north end of guard rails on west side of Adelaide St.
 8 km - 51 m west of west curb of Adelaide St. on Fanshawe Park Rd.
 9 km - 73 m east of the east curb of Hastings Drive on Fanshawe Park Rd.
 10 km Finish - first entrance into Masonville Mall from North Centre St. south of Fanshawe Park Rd., it is 55.45 m west of the west curb of North Centre St. in line with the west side of CIBC Banking Building.

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