



# Athletics Canada/Run Canada Measurement Certificate

Name of the course World Alzheimers Day - Run for Heroes 5 km Distance 5 km  
Location (city) Amherstburg (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 181 m Finish 181 m Highest 181 m Lowest 178 m  
Straight line distance between start & finish 0 Drop 0 m/km Separation 0 %  
Measured by (name, address, phone & e-mail) Bernard Conway 67 Southwood Cres., London  
Colin Young, Andrew Gruening, David Low (all from Amherstburg)  
Race contact (name, address & phone) Chris Uszynski 430 Lakewood Beach Drive  
Amherstburg, Ontario, N9V 2V8 519-980-5440  
Measuring Methods: bicycle ☒ steel tape electronic distance meter  
Number of measurements of entire course: 2 Date(s) when course measured: July 17/2011  
Race date: Sept. 25/2011 Course paperwork submission date: July 26/2011  
Replaces: \_\_\_\_\_ (if applicable) Certification code: ON-2011-067-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: July 27/2011

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)

Arena

Track

Ball  
Diamonds

## World Alzeimers Day - Run for Heroes - 5 km

Start/Finish - in line with first lamp post (counting from Meloche Rd.) on east side of main entrance to UCCU (not on boulevard)

1 km/4 km - 22 m west of Bell cable box on Lowes Side Road west of Meloche Rd.

2 km/3 km - even with the third hydro pole east of Fryer St. on Lowes Side Road

Turnaround - 1.42 m west of sign for 260 Lowes Side Road

Simcoe St.

Meloche Rd.

Victoria St.



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Fryer St.

Runners on Meloche Rd. from start have the north-bound lane out and back On Lowes Side Rd. The outbound runners have the north half of the west-bound lane and when heading to the finish they have the south half of the west-bound lane.

Road to  
soccer field

Road to  
UCCU

Start/Finish

Runners keep to east of painted stop on Meloche Road when turning

\*2 km/3 km

\*1 km/4 km

Turnaround

Lowes Side Rd.

Start to Turnaround

Turnaround to Finish