



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Run For Retina 10 km Distance 10 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 232 m Finish 232 m Highest 243 m Lowest 232 m  
Straight line distance between start & finish 0 m Drop 0 m/km Separation 0 %  
Measured by (name, address, phone & e-mail) Bernard Conway 67 Southwood Crescent  
London, Ontario, N6J 1S8 519-641-6889  
Race contact (name, address & phone) Kim Spriet 205 Green Hedge Lane  
London, Ontario, N6H 5A7 519-657-6289  
Measuring Methods: bicycle ☒ steel tape electronic distance meter  
Number of measurements of entire course: 2 Date(s) when course measured: Aug. 31 & Sept. 1/2011  
Race date: April 8/2012 Course paperwork submission date: Sept. 5/2011  
Replaces: ON-2011-009-BDC (if applicable) Certification code: ON-2011-089-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: Sept. 6/2011  
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](mailto:measurer@rogers.com)

## Run For Retina 10 km

Start/Finish - even with the second lamppost south of the John Labatt Stage on bikepath leading to stage

1 km/9 km - 152 m east of the east side of the Wharncliffe Rd. Bridge on the bikepath

2 km/8 km - 76 m east of east face of sign "Natural Area" on bikepath in Greenway Park

3 km/7 km - even with the east end of the west green building at Sewage Treatment Plant on bikepath in Greenway Park

4 km/6 km - 10 m north of road through Greenway Park on bike path south of Saturn Park

Turnaround/5 km - is 8.08 m south of bridge at the west end of Springbank Gardens on bikepath that goes by the river and the Canoe Club

