



Athletics Canada/Run Canada
Measurement Certificate

Name of the course World Alzheimers Day - Run for Heroes 32 km Distance 32 km
Location (city) Amherstburg (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 181 m Finish 181 m Highest 181 m Lowest 173 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-2011-112-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:



Date: March 24/2012

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

World Alzheimer's Day - Run for Heroes - 32 km

↓ Start to Turnaround

↕ Turnaround to Finish

LCL - left curb lane

RCL - right curb lane

LoWL - left of white line where no paved shoulder

RoWL - right of white line where no paved shoulder

ER - entire road

NBCL - north-bound curbed lane

Start - 33.6 m west of the first lamp post east of Meloche on south side of main road to/from UCCU

1 km - 5.5 m north of sign for 3436 Creek Rd.

2 km - 38 m north of sign for 3561 Creek Rd.

3 km - 9 m south of sign for 3671 Creek Rd.

4 km - 18 m west of sign for 3370 County Road 20

5 km - 11 m west of sign for 2710 County Road 20

6 km - 24 m east of red barn on County Road 20

7 km - 3 m west of sign for 1414 County Road 20

8 km - 10 m north of sign for 1163 County Road 20

9 km - 7 m north of sign for 899 County Road 20

10 km - 7 m south of sign for 663 Dalhousie

11 km - 29 m south of entrance/exit to Coast Guard on Dalhousie

12 km - opposite front door of 172 Dalhousie

13 km - even with south side of 28 Front St.

14 km - 22 m south of sign "Amherstburg Land Holdings" on Front St.

15 km - 17 m south of sign for 547 Front St.

16 km - even with north side of Kingsbridge Drive on Front St.

17 km - 10 m north of sign for 1037 Front St.

18 km - 58 m north of sign for 1285 Front St.

Turnaround - 6.00 m north of sign for 1381 Front St.

*Rest of 32 km not marked

*Runners to use splits of marathon for rest of the 32 km race

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