



Athletics Canada/Run Canada Measurement Certificate

Name of the course Coupe Dix 30 10k Distance 10 km
Location (city) Brossard (province) Québec
Type of course: road race ☒ calibration track Configuration: Loop
Type of surface: paved 100 % dirt _____ % gravel _____ % grass _____ % track _____ %
Elevation (meters above sea level) Start 15 m Finish 15 m Highest 18 m Lowest 15 m
Straight line distance between start & finish 1.8 m Drop 0 m/km Separation 0.2 %
Measured by (name, address, phone & e-mail) Christine Bush and Mark McGowan
130 Maria, Lasalle, QC, H8R 3M1 514-365-2274
Race contact (name, address & phone) Eric Fournier coupedix30@hotmail.com
514-914-0470
Measuring Methods: bicycle ☒ steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: Apr. 24/2011
Race date: May 22/2011 Course paperwork submission date: May 3/2011
Replaces: _____ (if applicable) Certification code: QC-2011-018-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: May 6/2011

67 Southwood Crescent, London, Ontario, Canada, N6J 1S8
Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: measurer@rogers.com

La COUPE DIX30 – 10k

Notes: Measured by Mark McGowan & Christine Bush April 25, 2011

Course is run on paved surface. Runners have run of the road through entire course with the exception of section on Boul. Leduc where course is run on the left side of meridian, coned down the middle and volunteers are there to control traffic.

Start / Finish are in front of # 9365 Ave. des Lumieres suite #15.

- 1k – On Ave. des Lumieres, 8.8m from lamppost on corner of Allee Dix30, & 14m from manhole on des Lumieres.
- 2k – On Boul. Leduc before turnaround, after entrance to Walmart, 14.3m from lamppost 3/A-1 on meridian.
- 3k – On Boul. Leduc after turnaround, 9.8m from lamppost 2/A-1 on meridian and 10.7m from manhole on bike path
- 4k – On Boul. Rome just past corner of Boul. Du Quartier, 2m from manhole at curb and 19m from manhole further east on Boul. Rome.
- 5k – Just after right turn entrance into parking lot of Cinema.
- 6k – On Boul. Leduc 13.6m after lamppost 5/A-1 and 8.4m before lamppost 4/A-1
- 7k – In line with Lamppost 3/B-2 just after turnaround.
- 8k – Same as 3k
- 9k – Same as 4k

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