



Athletics Canada/Run Canada
Measurement Certificate

Name of the course Course D'Oka 10K Distance 10 km
Location (city) Oka (province) Quebec
Type of course: road race ☒ calibration track Configuration: _____
Type of surface: paved 90 % dirt 10 % gravel _____ % grass _____ % track _____ %
Elevation (meters above sea level) Start 30 m Finish 30 m Highest 64 m Lowest 22 m
Straight line distance between start & finish 1.54 m Drop 0 m/km Separation 0.02 %
Measured by (name, address, phone & e-mail) Christine Bush and Mark McGowan
1580 Surrey, Dorval, Quebec, H3P 1W3 514-538-1222
Race contact (name, address & phone) Caroline Kronlov
St. Jean, Quebec, H9R 5N8 514-730-7804
Measuring Methods: bicycle ☒ steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: Oct. 19/2011
Race date: Nov. 5/2011 Course paperwork submission date: Jan. 5/2012
Replaces: _____ (if applicable) Certification code: QC-2011-107-BDC

Notice to Race Director
Use this Certification Code in *all* public
announcements relating to your race.

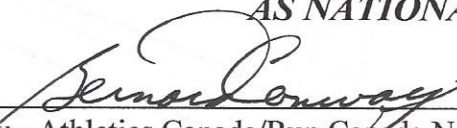
Be It Officially Noted That

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

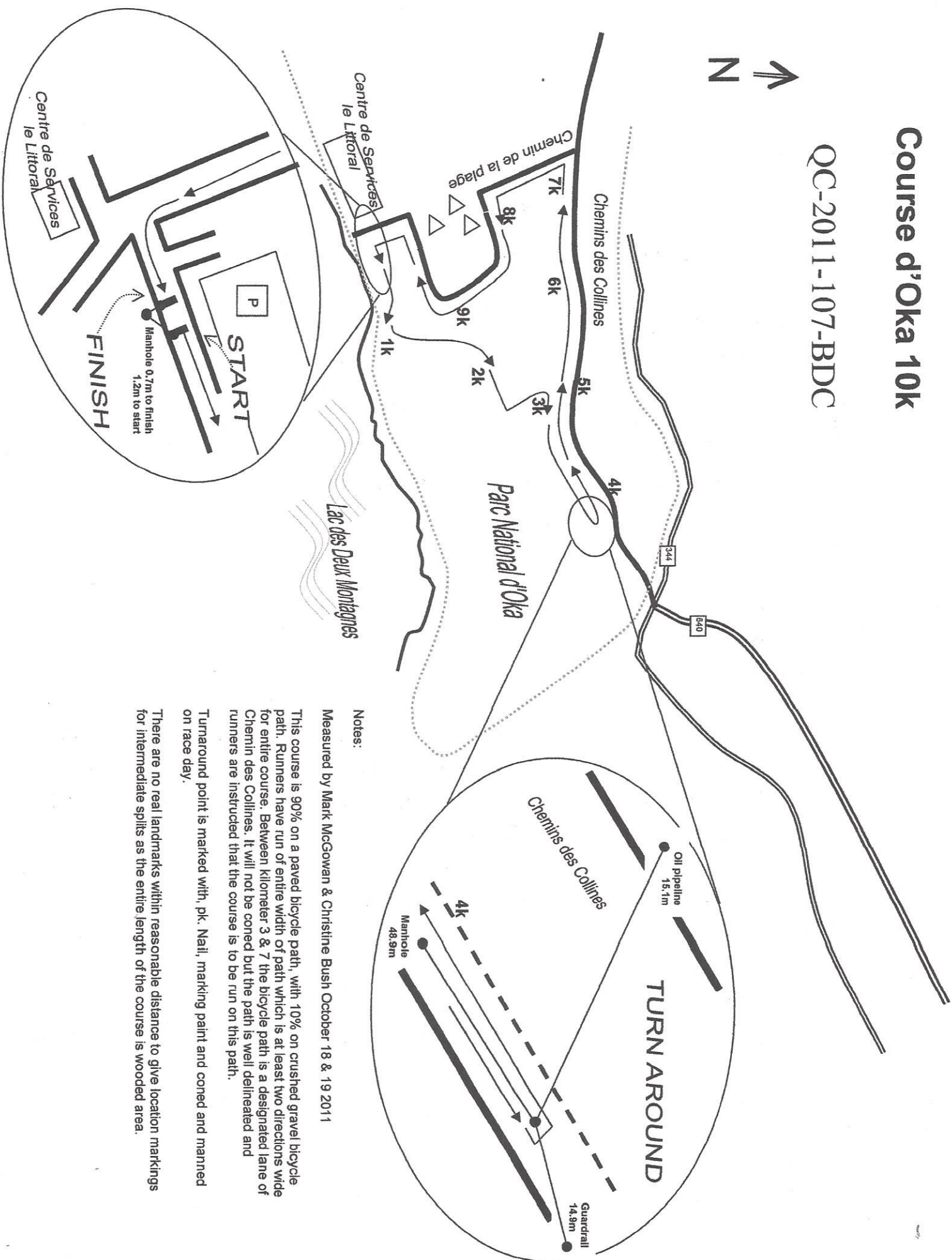
AS NATIONALLY CERTIFIED BY:


Bernard Conway - Athletics Canada/Run Canada National Certifier Date: Jan. 10/2012
- 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

Course d'Oka 10k

QC-2011-107-BDC



Notes:

Measured by Mark McGowan & Christine Bush October 18 & 19 2011

This course is 90% on a paved bicycle path, with 10% on crushed gravel bicycle path. Runners have run of entire width of path which is at least two directions wide for entire course. Between kilometer 3 & 7 the bicycle path is a designated lane of Chemin des Collines. It will not be coned but the path is well delineated and runners are instructed that the course is to be run on this path.

Turnaround point is marked with, pk. Nail, marking paint and coned and manned on race day.

There are no real landmarks within reasonable distance to give location markings for intermediate splits as the entire length of the course is wooded area.