



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Flat Out 5k Distance 5 km  
Location (city) St. John's (province) NL  
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Loop (1.85 laps)  
Type of surface: paved 100 % dirt      % gravel      % grass      % track      %  
Elevation (meters above sea level) Start 105 m Finish 97 m Highest 105 m Lowest 89 m  
Straight line distance between start & finish 400 m Drop 1.6 m/km Separation 8 %  
Measured by (name, address, phone & e-mail) Bill Pomeroy 60 Squires Ave.  
St. John's, NL, A1E 1G1 709-745-3216  
Race contact (name, address & phone) Steve Delaney 126 Topsail Road  
St. John's, NL, A1E 2A8 709-579-2342  
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐  
Number of measurements of entire course: 2 Date(s) when course measured: March 17/2012  
Race date: April 1/2012 Course paperwork submission date: March 21/2012  
Replaces:      (if applicable) Certification code: NL-2012-005-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*

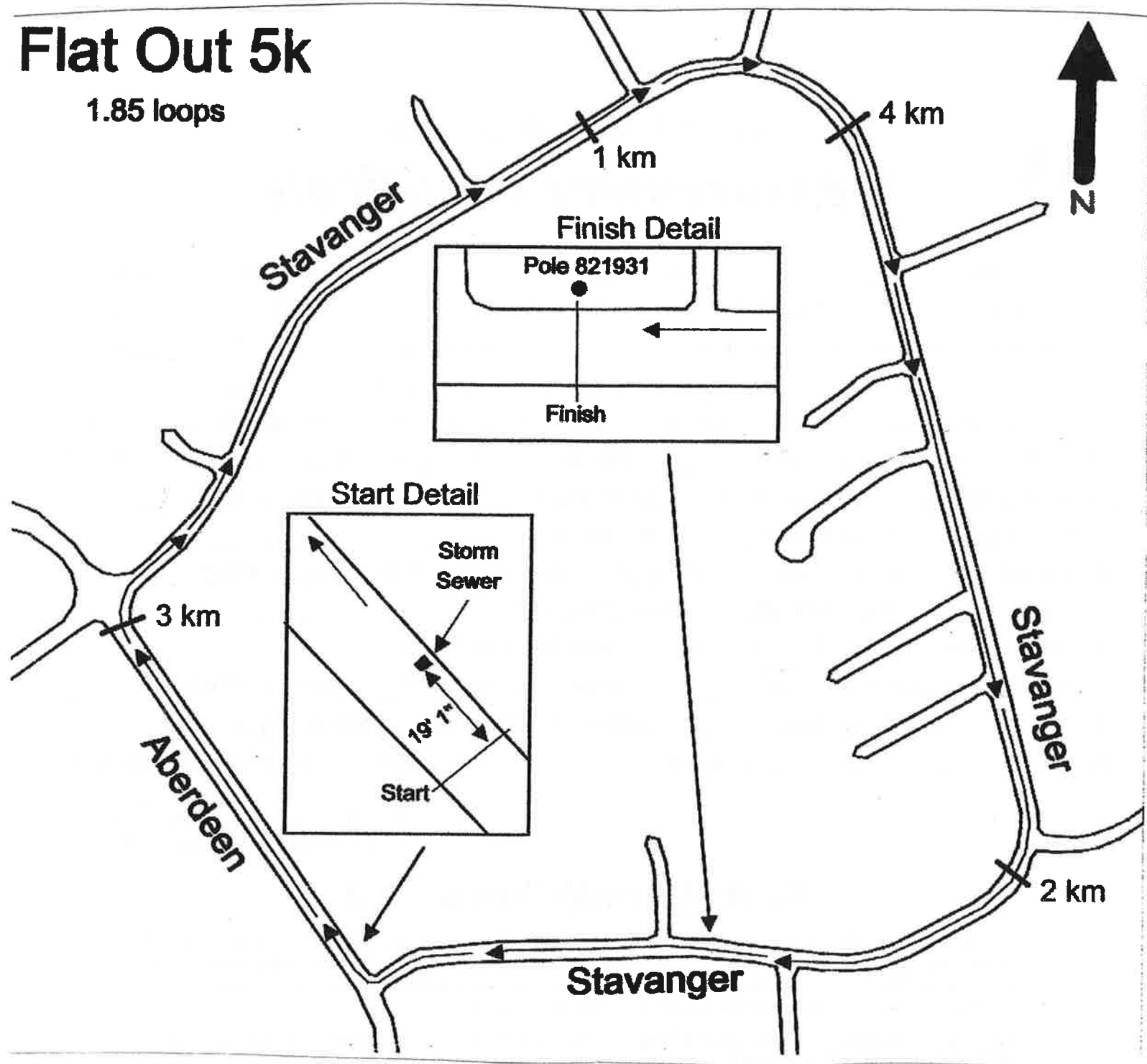
AS NATIONALLY CERTIFIED BY:

Bernard Conway Date: March 22/2012  
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](mailto:measurer@rogers.com)

# Flat Out 5k

1.85 loops



Start	19' 1" South of Storm Sewer Grate in front of Princess Auto, Aberdeen Drive
1 km	74' 10" measured along curb, East of Hydrant Between Shortall & Coultas
2 km	32' 8" West of Storm Sewer Grate between Snow's Lane & #352 Stavanger
3 km	31' 4" South of Hydrant Marker near Pier 1, measured directly from pole to edge of curb.
4 km	45' 8" South of Storm Sewer Grate across from #259 Stavanger
5 km	Pole #82119131 in front of Marie's convenience store, Stavanger Drive

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