



Athletics Canada/Run Canada
Measurement Certificate

Name of the course Good Friday Road Races 5K Distance 5 km
Location (city) Burlington (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 324 m Finish 315 m Highest 363 m Lowest 273 m
Straight line distance between start & finish 100 m Drop 1.8 m/km Separation 2 %
Measured by (name, address, phone & e-mail) Joe Hewitt 4151 Spruce Ave.
Burlington, ON, L7L 1K8 905-333-0652
Race contact (name, address & phone) Paula Desjardins 2013 James Street
Burlington, ON, L7R 1H1 905-637-1888
Measuring Methods: bicycle ☒ steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: Oct. 22/2012
Race date: March 29/2013 Course paperwork submission date: Nov. 16/2012
Replaces: _____ (if applicable) Certification code: ON-2012-157-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:

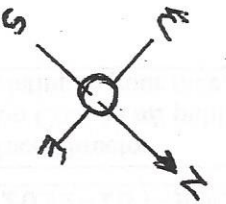
Bernard Conway
Bernard Conway - Athletics Canada/Run Canada National Certifier
- IAAF/AIMS Grade A Measurer
- USATF/RRTC Final Signatory

Date: Nov. 17/2012

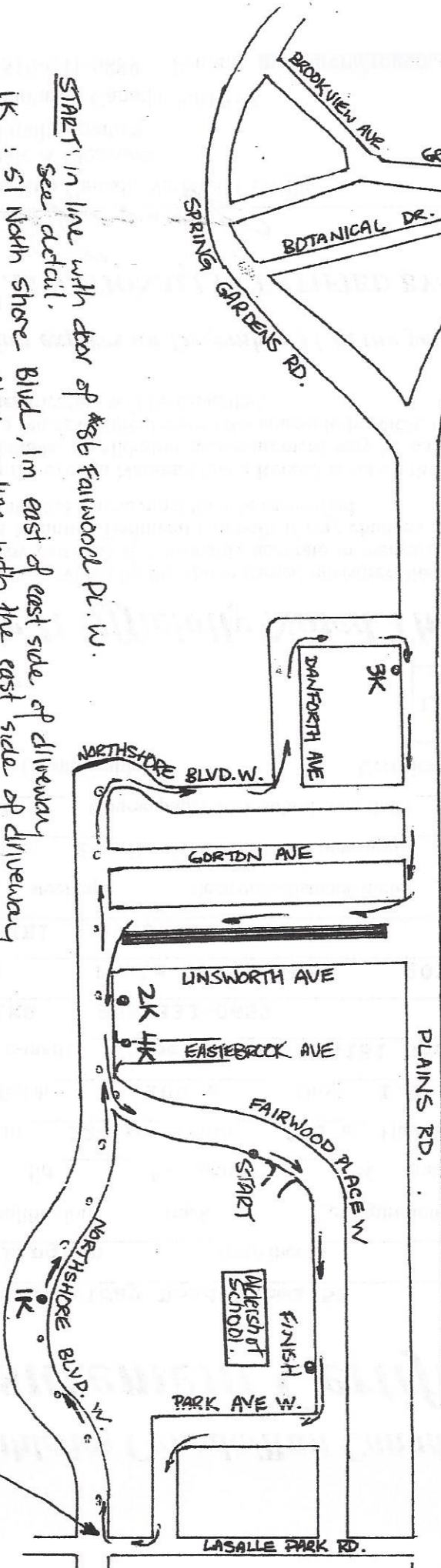
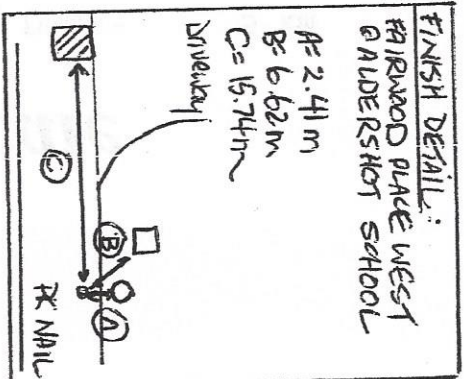
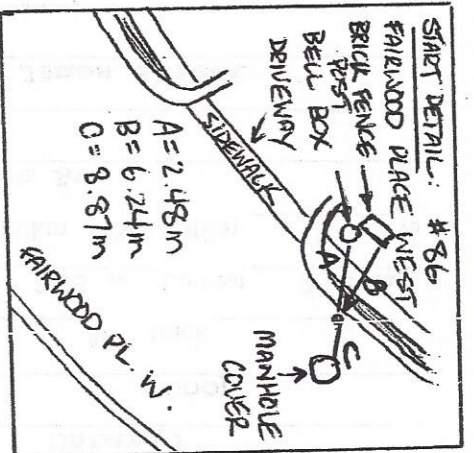
67 Southwood Crescent, London, Ontario, Canada, N6J 1S8

Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: measurer@rogers.com

BURLINGTON ROAD RACES: SK



CONES ALONG THE EASTBOUND BIKE LANE ON PLAINS RD. W.



START in line with door of #86 Fairwood Pl. W.
 See detail.

1K : 51 North shore Blvd, 1m east of east side of driveway
 2K : 305 North Shore Blvd in line with the east side of driveway
 3K : 420 Plains Rd. W, 2m east of driveway, east of Danforth Ave
 4K : 267 North shore Blvd in line with fence on the west side of property @ Eastbrook Ave
 5K : see FINISH detail at Aldershot school entrance

Runners turn onto North Shore Blvd into the westbound lane (of north lane)
 *cones along north lane to assist runners to that lane.