



*Athletics Canada/Run Canada*  
**Measurement Certificate**

Name of the course Au Rythme de nos Foulées - Chateauguay 21.1k Distance 21.0975 km  
Location (city) Chateauguay (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 28 m Finish 47 m Highest 47 m Lowest 28 m  
Straight line distance between start & finish 1.23 km Drop 0.9 m/km Separation 5.8 %  
Measured by (name, address, phone & e-mail) Christine Bush and Mark McGowan  
1580 Surrey, Dorval, QC, H9P 1W3 514-538-1222  
Race contact (name, address & phone) Patrick Cool 208A Salaberry Nord  
Chateauguay, QC, J6J 4L1 514-826-6114  
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐  
Number of measurements of entire course: 2 Date(s) when course measured: April 30/2012  
Race date: May 15/2012 Course paperwork submission date: May 15/2012  
Replaces:      (if applicable) Certification code: QC-2012-047-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: June 2/2012

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)

# Au rythme de nos foulées

## Chateauguay 21.1k

### Notes:

Measured by Mark McGowan & Christine Bush April 30, 2012

Course is run entirely on a paved surface. Runners are instructed they are to run on the right side of the road only with the exception of sections from 6k to 8.5k and 19k to 20k. HP=Hydro Pole / MH=Manhole / LP=Lamp post

**START** – On the road in front of #468 Boul. Salaberry Ouest 21m south of manhole beside driveway, 17.7m south of hydro pole on corner of driveway & 34.6m north of a hydropole. All on east side of the road.

1k – In front of #659 & 663 Salaberry E. HP #641 18.8m and HP 18.6m to south

2k – In front of #853 Salaberry E. just before corner to Salaberry O. HP 9m to east & HP 24.6m in corner to east

3k – On Salaberry O. MH 8m to east, HP 3.8m to west.

4k – On Salaberry O. near corner of St. Gerard in front of #1229, Bell telephone conduit 9.2m to west

5k – In front of #1342 Salaberry O. HP 9.2m to east & HP 14m to west

6k – In corner of Salaberry O & Rang St. Charles, HP 8.3m to north, HP #1030 18.2m in median.

7k – Between #42 & #39 Rang St. Charles just before turnaround, HP #380 26.3m in front of house #39

8k – On Rang St. Charles 100m northwest after curve (no other close ref.)

9k – In front of #660 Rang Roy, HP S1Z5H 6.6m to west

10k – Between #759 & 761 Rang Roy, HP 6H7CDS 13.5m

11k – In front of #166 on route #205 just after bridge & before corner of Ch. Du Grand Marais HP 19m to north

12 k – In front of #930 Ch. De la Haute-Riviere, HP 5202A 7.3m to west

13k – In front of #871 Ch. De la Haute-Riviere, HZETKJ 14.7m

14k – In front of #751 Ch. De la Haute-Riviere, HP #M7H6M 10m

15k – Between #637 & 635 Ch. De la Haute Riviere, HP 714Q2J 18.6m

16k – Between #591 & 587 Ch. De la Haute Riviere, water drain 2m

17k – Between #515 & 513 Ch. De la Haute-Riviere, HP G9V5S 10.4m

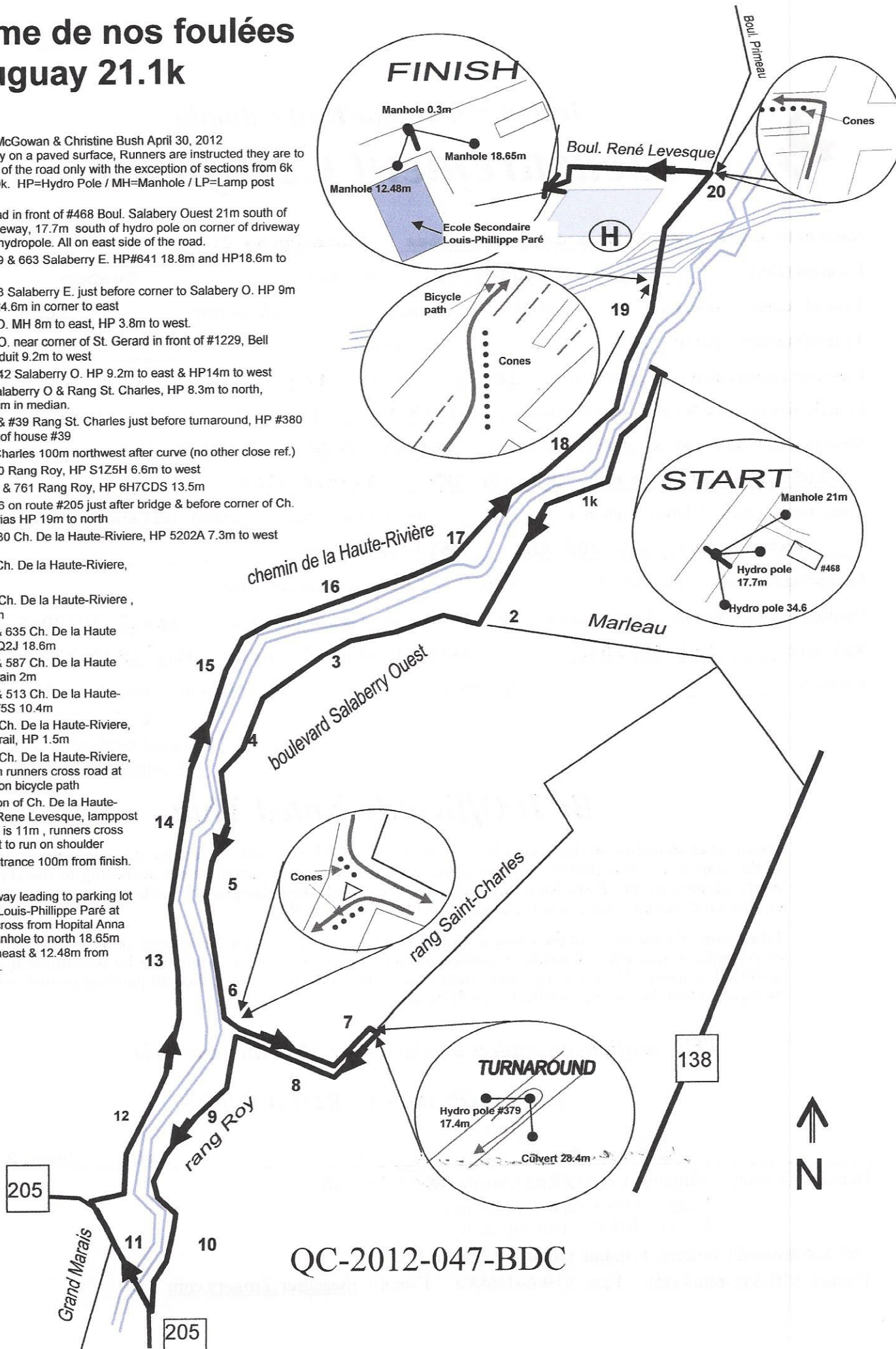
18k – In front of #344 Ch. De la Haute-Riviere, middle of guard rail, HP 1.5m

19k – In front of #281 Ch. De la Haute-Riviere, HPZ2Y4A 14.3m runners cross road at this point to run on bicycle path

20k – In the intersection of Ch. De la Haute-Riviere & Boul. Rene Levesque, lamppost #TF-96-54-7104 is 11m, runners cross road at this point to run on shoulder

21k – In parking lot entrance 100m from finish.

**FINISH** – In the driveway leading to parking lot for Ecole Secondaire Louis-Phillippe Paré at 255 boul. Brisebois across from Hopital Anna Laberge. 3m from manhole to north 18.65m from manhole to southeast & 12.48m from manhole to southwest.



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