



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

Name of the course La Classique Parc Lafontaine 10k Distance 10 km  
Location (city) Montreal (province) Quebec  
Type of course: road race  calibration  track  Configuration: Loop  
Type of surface: paved 100 % dirt      % gravel      % grass      % track      %  
Elevation (meters above sea level) Start 45 m Finish 49 m Highest 52 m Lowest 38 m  
Straight line distance between start & finish 193 m Drop -0.4 m/km Separation 1.9 %  
Measured by (name, address, phone & e-mail) Christine Bush & Mark McGowan  
1580 Surrey, Dorval, Québec, H9P 1W3 514-538-1222  
Race contact (name, address & phone) Sylvie Girard 1505 Des Oeilletts  
Ste. Julie, Québec, J3E 1J3 450-922-0619  
Measuring Methods: bicycle  steel tape  electronic distance meter   
Number of measurements of entire course: 2 Date(s) when course measured: Sept. 7/2013  
Race date: Oct. 6/2013 Course paperwork submission date: Oct. 23/2013  
Replaces:      (if applicable) Certification code: QC-2012-140a-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.

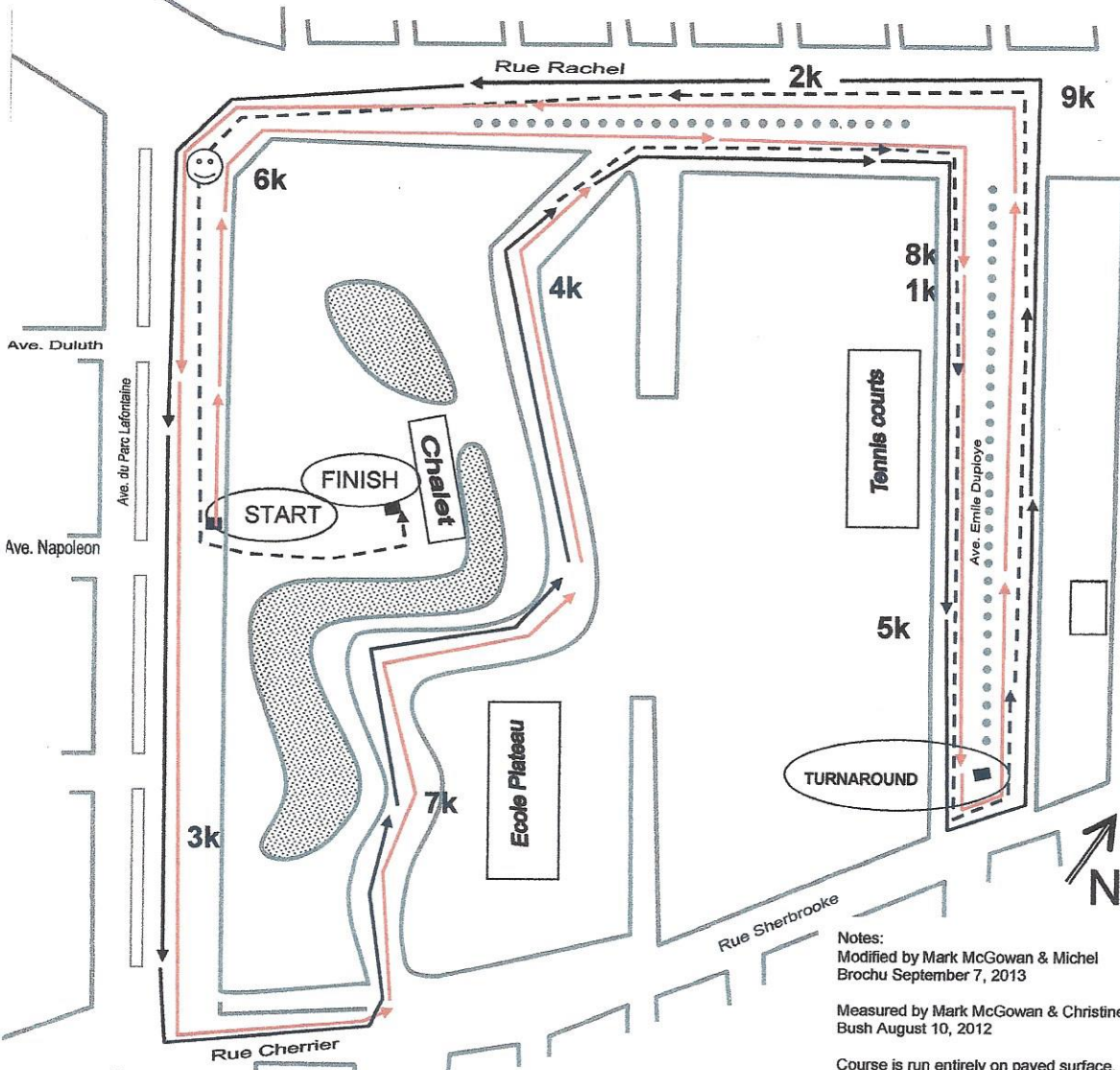
***This certification expires on December 31 in the year 2021***

**AS NATIONALLY CERTIFIED BY:**

Bernard Conway Date: Nov. 2/2013  
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)

# La Classique Parc Lafontaine 10k



Notes:  
Modified by Mark McGowan & Michel Brochu September 7, 2013

Measured by Mark McGowan & Christine Bush August 10, 2012

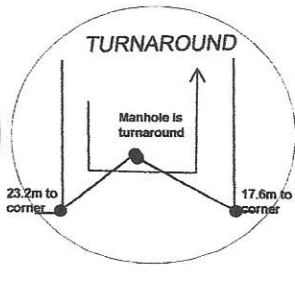
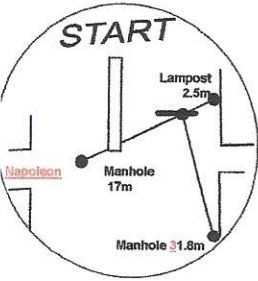
Course is run entirely on paved surface, Runners are to keep to right as indicated and in some sections restricted by cones

This line indicates cones :  
.....

Following streets are closed to traffic:  
Ave. du Parc Lafontaine, Rue Cherrier, Ave. Emile Duploye & Rue Rachel

☺ Indicates volunteers to direct runners on last lap to move to left for finish.

List of km locations on separate page



AC-Run Canada Certified  
QC-2012-140a-BDC  
Certification Expires Dec. 31/2021