



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

Name of the course Paradise Five & Dime Distance 5 km  
 Location (city) Paradise (province) NL  
 Type of course: road race  calibration track Configuration: Loop (1 Lap)  
 Type of surface: paved 100 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %  
 Elevation (meters above sea level) Start 131 m Finish 109 m Highest 133 m Lowest 109 m  
 Straight line distance between start & finish 1.15 km Drop 4.4 m/km Separation 23 %  
 Measured by (name, address, phone & e-mail) Steve Delaney 126 Topsail Road  
St. John's, NL, A1E 2A8 709-579-2342  
 Race contact (name, address & phone) Marc Alivio 37 Baffin Drive  
Mount Pearl, NL, A1E 1G1 709-687-6515  
 Measuring Methods: bicycle  steel tape electronic distance meter  
 Number of measurements of entire course: 2 Date(s) when course measured: Sept. 8/2013  
 Race date: Sept. 14/2013 Course paperwork submission date: Sept. 29/2013  
 Expires: Dec. 31/2022 (if applicable) Certification code: NL-2013-131-BDC

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

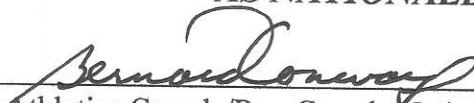
***Be It Officially Noted That***

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.

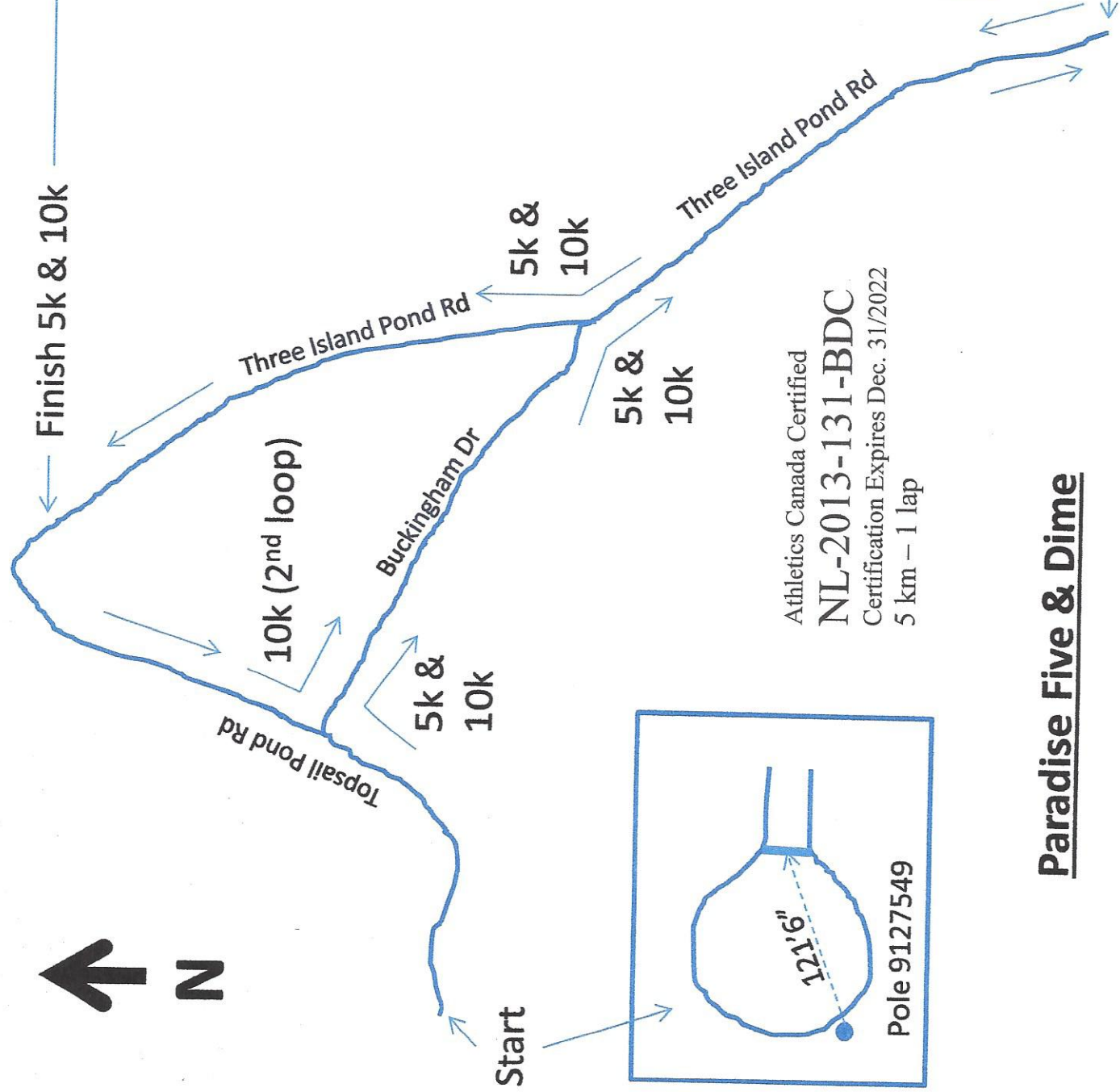
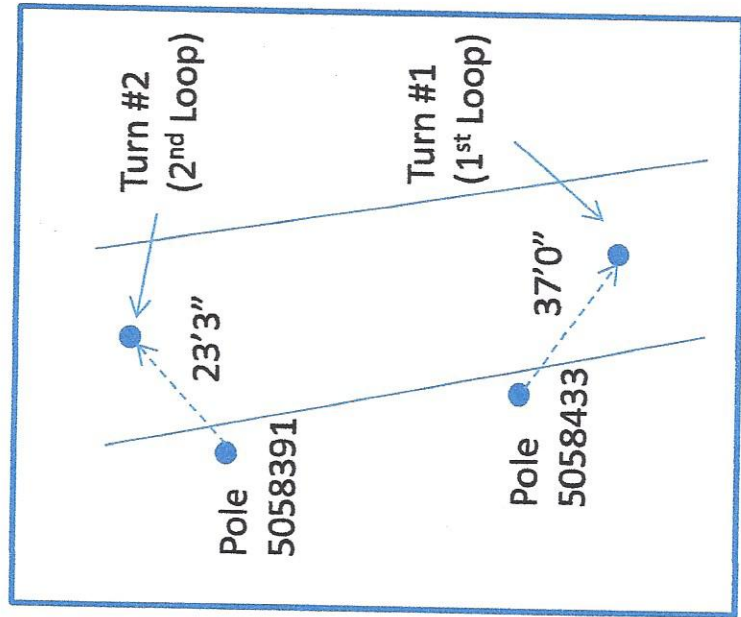
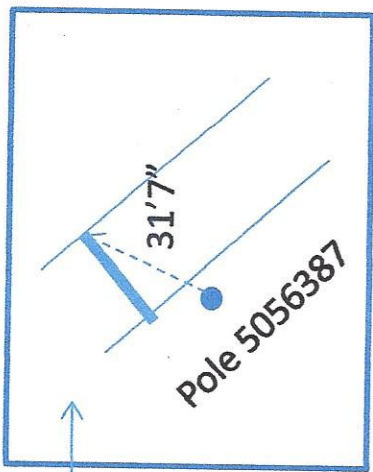
**Validation of Course** — In the event a National Open Record is set on this course, or at the discretion of Athletics Canada/Run Canada, a validation remeasurement may be required to be performed by a qualified measurer. If such a remeasurement shows the course to be short, then all pending records will be rejected and the course certification will be cancelled.

*This certification expires on December 31 in the year 2022*

**AS NATIONALLY CERTIFIED BY:**

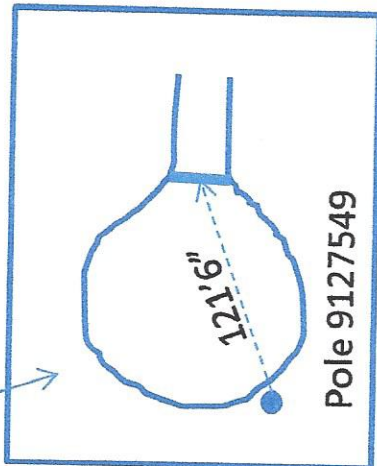
  
 \_\_\_\_\_ Date: Oct. 4/2013  
 Bernard Conway - Athletics Canada/Run Canada National Certifier  
 - IAAF/AIMS Grade A Measurer  
 - USATF/RRTC Final Signatory

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)



Turn-arounds

Athletics Canada Certified  
**NL-2013-131-BDC**  
Certification Expires Dec. 31/2022  
5 km – 1 lap



# Paradise Five & Dime