



Athletics Canada/Run Canada Measurement Certificate

Name of the course Paradise Five & Dime Distance 10 km
Location (city) Paradise (province) NL
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Loop (2 Laps)
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 2.2 m/km Separation 11.5 %
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-2013-132-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:

Bernard Conway 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



Start

Topsail Pond Rd

5k &
10k

10k (2nd loop)

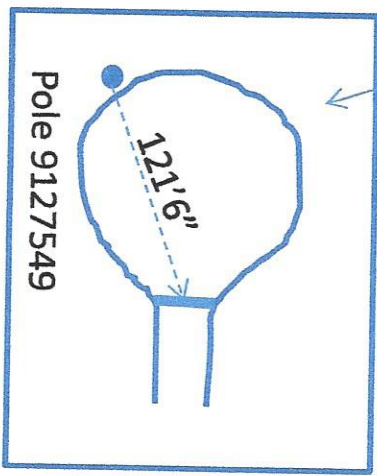
Buckingham Dr

5k &
10k

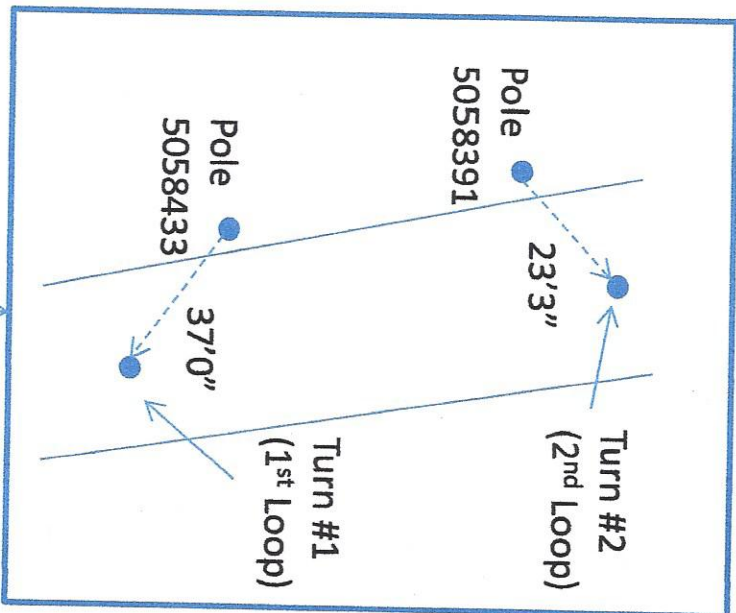
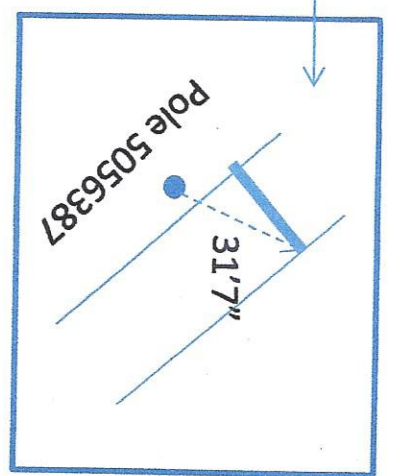
Three Island Pond Rd

5k &
10k

Finish 5k & 10k



Athletics Canada Certified
NL-2013-132-BDC
Certification Expires Dec. 31/2022
10 km – 2 laps



Paradise Five & Dime

Turn-arounds