



Athletics Canada/Run Canada
Measurement Certificate

Name of the course MEC 5 km Road Race Distance 5 km
Location (city) London (province) Ontario
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 266 m Finish 266 m Highest 270 m Lowest 265 m
Straight line distance between start & finish 0 m Drop 0 m/km Separation 0 %
Measured by (name, address, phone & e-mail) Bernard Conway 67 Southwood Crescent
London, Ontario, N6J 1S8 519-641-6889
Race contact (name, address & phone) Emily Hinton c/o MEC
230 Wellington, Rd., London, Ontario, N6E 1M3 519-668-6657
Measuring Methods: bicycle steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: March 21/2013
Race date: March 23/2013 Course paperwork submission date: March 25/2013
Replaces: _____ (if applicable) Certification code: ON-2013-016-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: March 25/2013

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

Mountain Equipment Co-op 5 km Road Race

Start - 3.91 m south of first pole south of entrance/exit to parking lot for MEC on Hargrieve Rd.

1 km - 27 m north of south side of the main section of Bucher Hydraulics on Newbold St.

2 km - 8 m north of the north side of the storage sheds on Towerline Place.

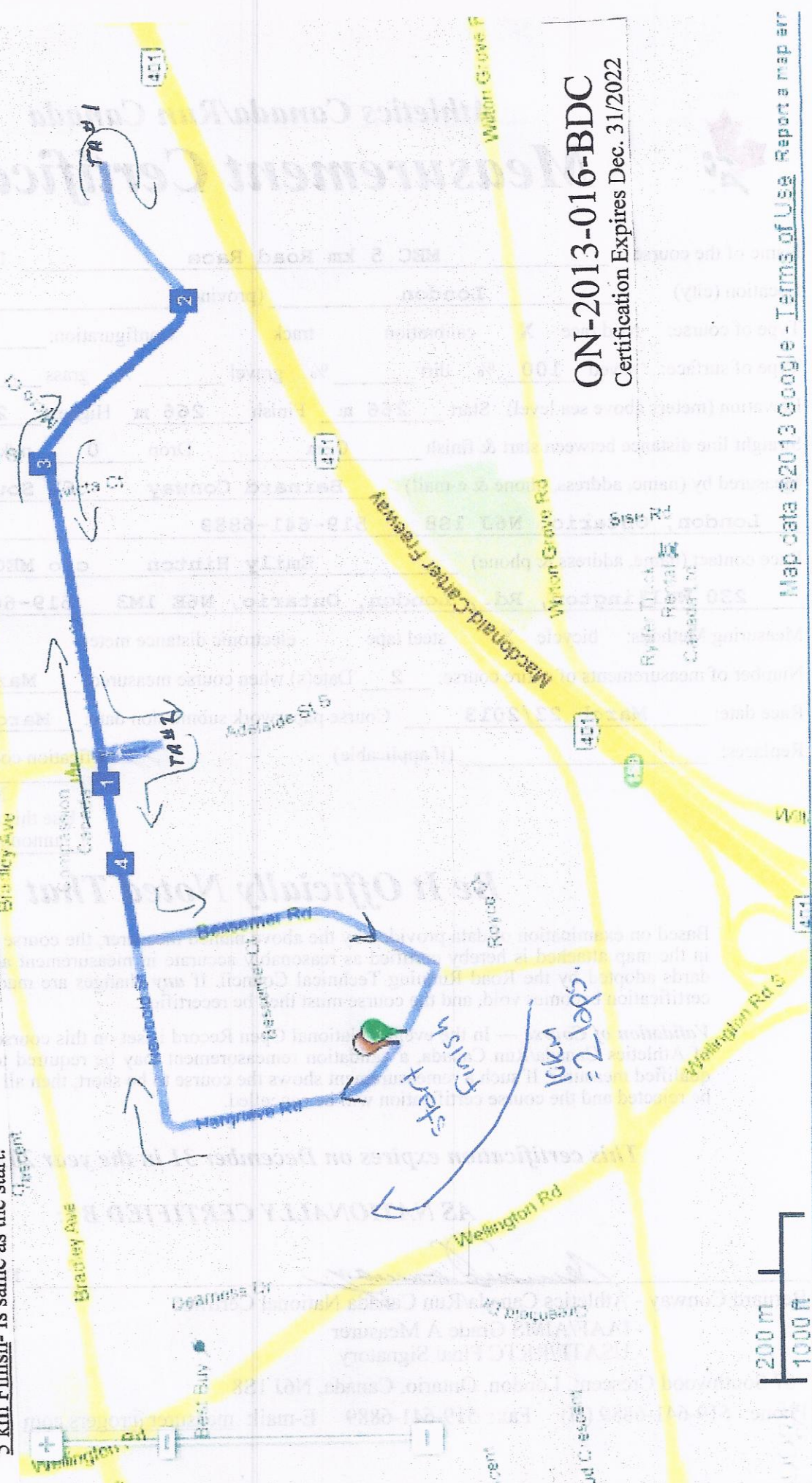
Turnaround #1 - is around the cleanout in the middle of the turnaround section of Towerline Place by CHG Building.

3 km - 12 m east of the west side of building at 610 Newbold St.

Turnaround #2 - is 7.60 m north of the north side of the building (grey stone section) at 1019 Adelaide St.

4 km - 52 m west of Adelaide St. on Newbold St.

5 km Finish - is same as the start.



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Certification Expires Dec. 31/2022