



Athletics Canada/Run Canada
Measurement Certificate

Name of the course Run For Retina Springbank Gardens Distance 10 km
Location (city) London (province) Ontario
Type of course: road race calibration track Configuration: Loop
Type of surface: paved 100 % dirt % gravel % grass % track %
Elevation (meters above sea level) Start 234 m Finish 234 m Highest 234 m Lowest 227 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) Paul or Kim Spriet 205 Green Hedge Lane
London, Ontario, N6H 5A7 519-657-6289
Measuring Methods: bicycle steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: April 11/2013
Race date: April 14/2013 Course paperwork submission date: April 16/2013
Replaces: (if applicable) Certification code: ON-2013-023-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:

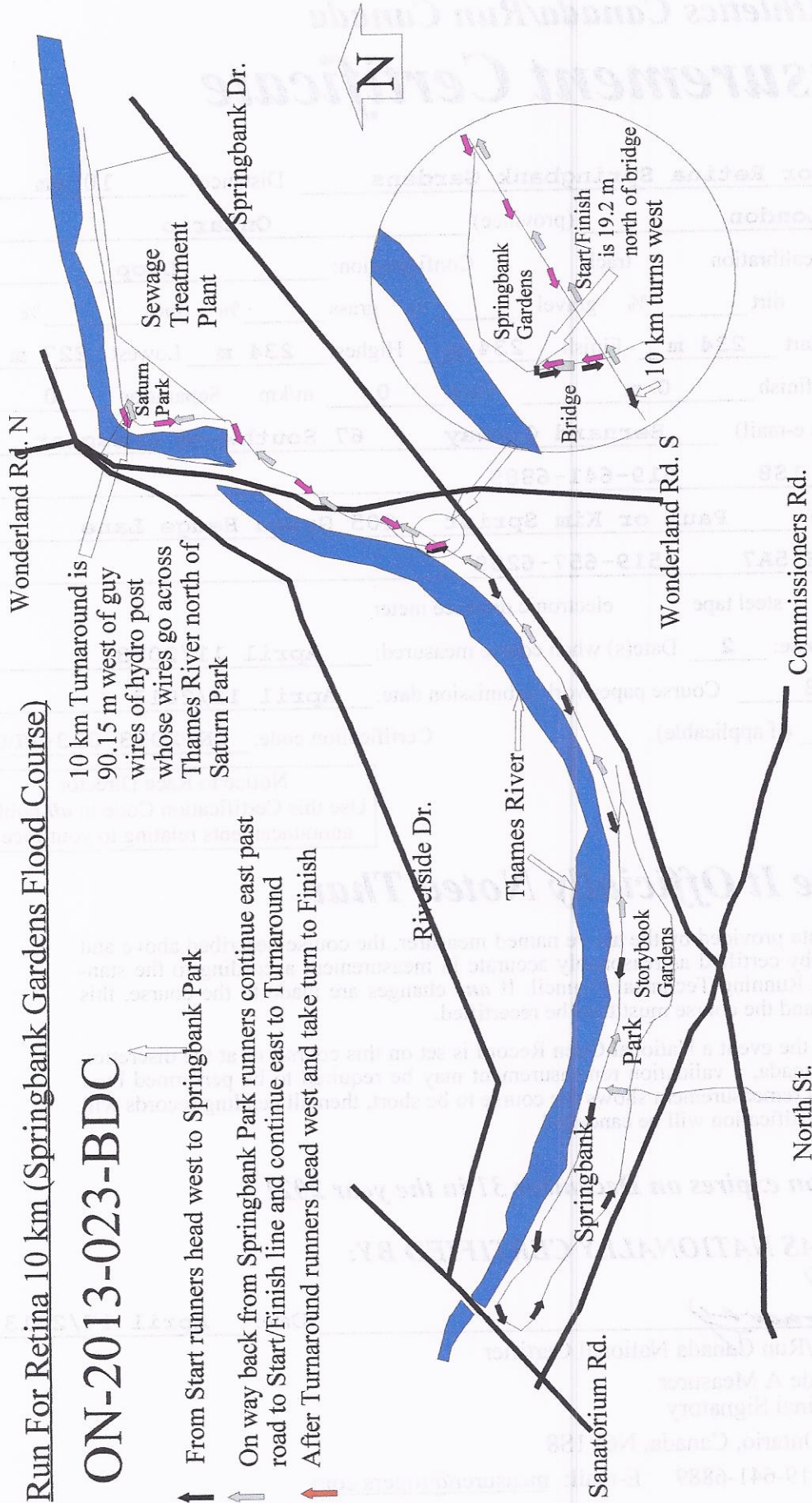
Bernard Conway Date: April 17/2013
Bernard Conway - Athletics Canada/Run Canada National Certifier
- IAAF/AIMS Grade A Measurer
- USATF/RRTC Final Signatory

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Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: measurer@rogers.com

Run For Retina 10 km (Springbank Gardens Flood Course)

ON-2013-023-BDC

- ↑ From Start runners head west to Springbank Park
- ↑ On way back from Springbank Park runners continue east past road to Start/Finish line and continue east to Turnaround
- ↑ After Turnaround runners head west and take turn to Finish



- Start - on the road leading to/from Springbank Gardens, 19.2 m north of bridge at west end of buildings in Springbank Gardens
- 1 km - 18 m west of west side of wooden stairs to upper parking lot at east end of Springbank Park
- 2 km - 3 m west of the wooden icecream shack in Storybook on bikeway
- 3 km - 39 m west of dam on lower road in Springbank Park
- 4 km - 12 m east of triangular boulevard where new road joins upper road in Springbank Park
- 5 km - 53 m west of the west side of the train station on the lower road in Springbank Park
- 6 km - 44 m east of Maurice Champman Walkway sign on bikepath between Springbank Park and Springbank Gardens
- 7 km - 46 m east of double wall of rocks on bikepath east of PUC bridge to Golf Course
- 8 km - 49 m east of the Guy Lombardo Bridge on the road between Springbank Gardens and Greenway Park
- Turnaround - is 90.15 m west of guy wires of hydro pole whose wires go across the Thames River north of Saturn Park
- 9 km - 31 m east of the east end of the concrete breakwater on the bikepath between the Thames River and Woodland Cemetery
- 10 km Finish - same as the start