



Athletics Canada/Run Canada Measurement Certificate

Name of the course Run For Retina Springbank Gardens Distance 5 km
Location (city) London (province) Ontario
Type of course: road race ☒ calibration track Configuration: Out/Back
Type of surface: paved 100 % dirt _____ % gravel _____ % grass _____ % track _____ %
Elevation (meters above sea level) Start 234 m Finish 234 m Highest 234 m Lowest 230 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-2013-025-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:

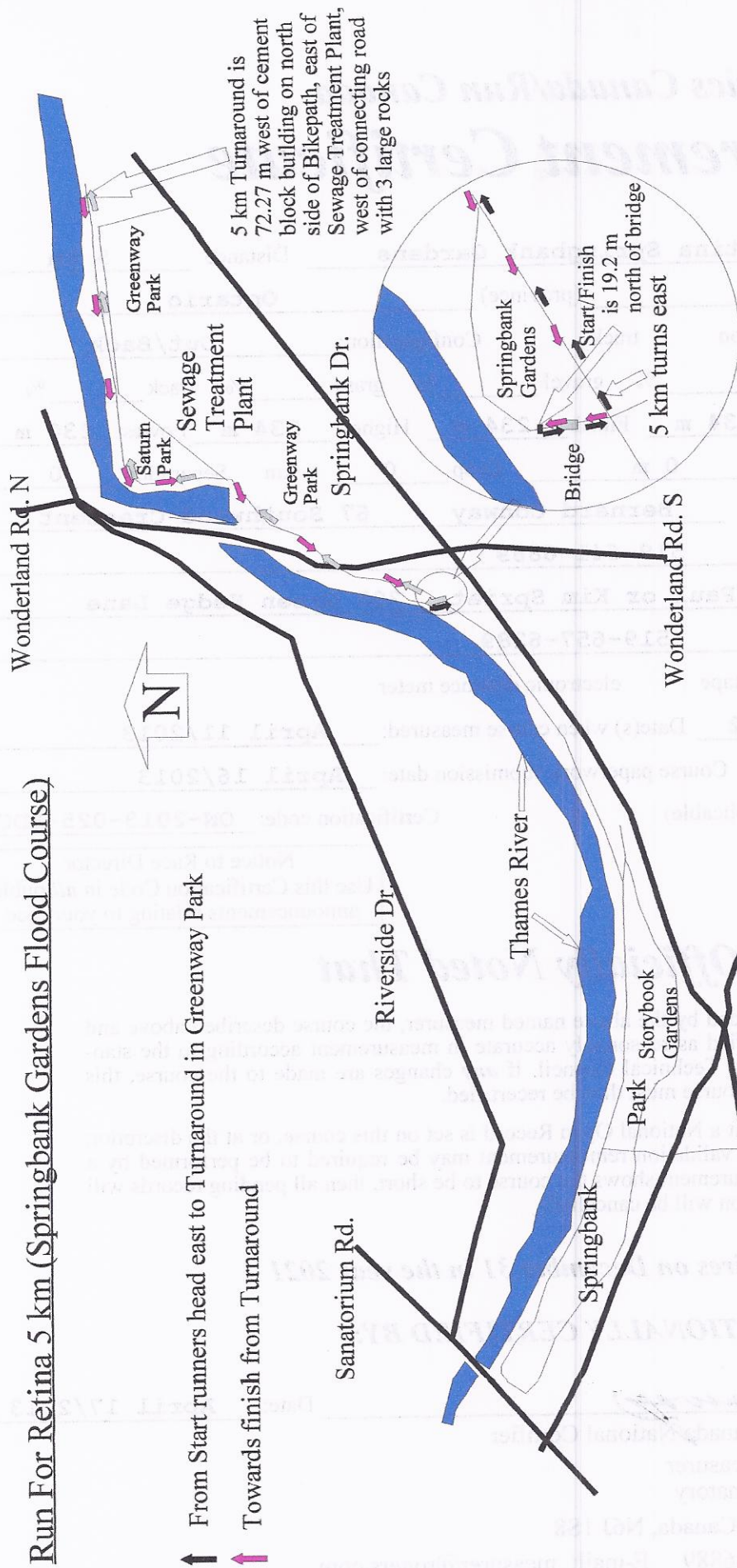
Bernard Conway
Bernard Conway - Athletics Canada/Run Canada National Certifier
- IAAF/AIMS Grade A Measurer
- USATF/RRTC Final Signatory

Date: April 17/2013

67 Southwood Crescent, London, Ontario, Canada, N6J 1S8

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

Run For Retina 5 km (Springbank Gardens Flood Course)



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/4 km - 31 m east of the east end of the concrete breakwater on road west of bikepath to Saturn Park

2 km/3 km - 3 m west of the east end of the metal shed east of the Sewage Treatment Plant building with the chimney

Turnaround - 72.27 m west of the cement block building on the north side of the bikepath, east of the Sewage Treatment Plant, west of the connecting road with the 3 large rocks, 11.30 m west of permanent bench on south side of bikepath

5 km Finish - same as the start

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