



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Really Chilly Distance 10 km  
Location (city) London (province) Ontario  
Type of course: road race ☒ calibration track Configuration: Loop (2 laps)  
Type of surface: paved 92 % dirt        % gravel        % grass        % track 8 %  
Elevation (meters above sea level) Start 250 m Finish 250 m Highest 251 m Lowest 250 m  
Straight line distance between start & finish 21 m Drop 0 m/km Separation 0.3 %  
Measured by (name, address, phone & e-mail) Bernard Conway 67 Southwood Crescent  
London, Ontario, N6J 1S8 519-641-6889  
Race contact (name, address & phone) Steve Weiler c/o Runners Choice  
207 Dundas St., London, Ontario, N6A 1G4 519-672-5928  
Measuring Methods: bicycle ☒ steel tape electronic distance meter  
Number of measurements of entire course: 2 Date(s) when course measured: Feb 15/2014  
Race date: Feb. 23/2014 Course paperwork submission date: Feb. 22/2014  
Expires: Dec. 31/2023 (if applicable) Certification code: ON-2014-001-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: Feb. 22/2014  
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)

Runners run clockwise and do a complete lap of the track before exiting at the exit lane. A 400 m track is 1 lap. 794 m south of the east end of the green building in the interior of the track.

- First Loop

↑ Second Loop

**↑ To Finish**



Runners exit track through NE tunnel and take the spr to SE corner of Egerton St. and Dundas St. then head east on Dundas St.

- ER - entire road
- RCL - right curb lane
- LCL - left curb lane
- spr - shortest possible route

Runners do 2 complete laps of the streets outside the track

8 km - 2 m west of the east side of the house at 1048 Florence St.  
9 km - 5 m west of hydro pole (T11333) with 3 transformers (north side of King St.) east of Rectory on King St.  
10 km Finnish - even with the Finnish Post of track by the north end of the stage of the Western Fairgrounds