



Athletics Canada/Run Canada
Measurement Certificate

Name of the course Really Chilly Distance 5 km
Location (city) London (province) Ontario
Type of course: road race calibration track Configuration: Loop (1 lap)
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 100 m Drop 0 m/km Separation 2 %
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-2014-002-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

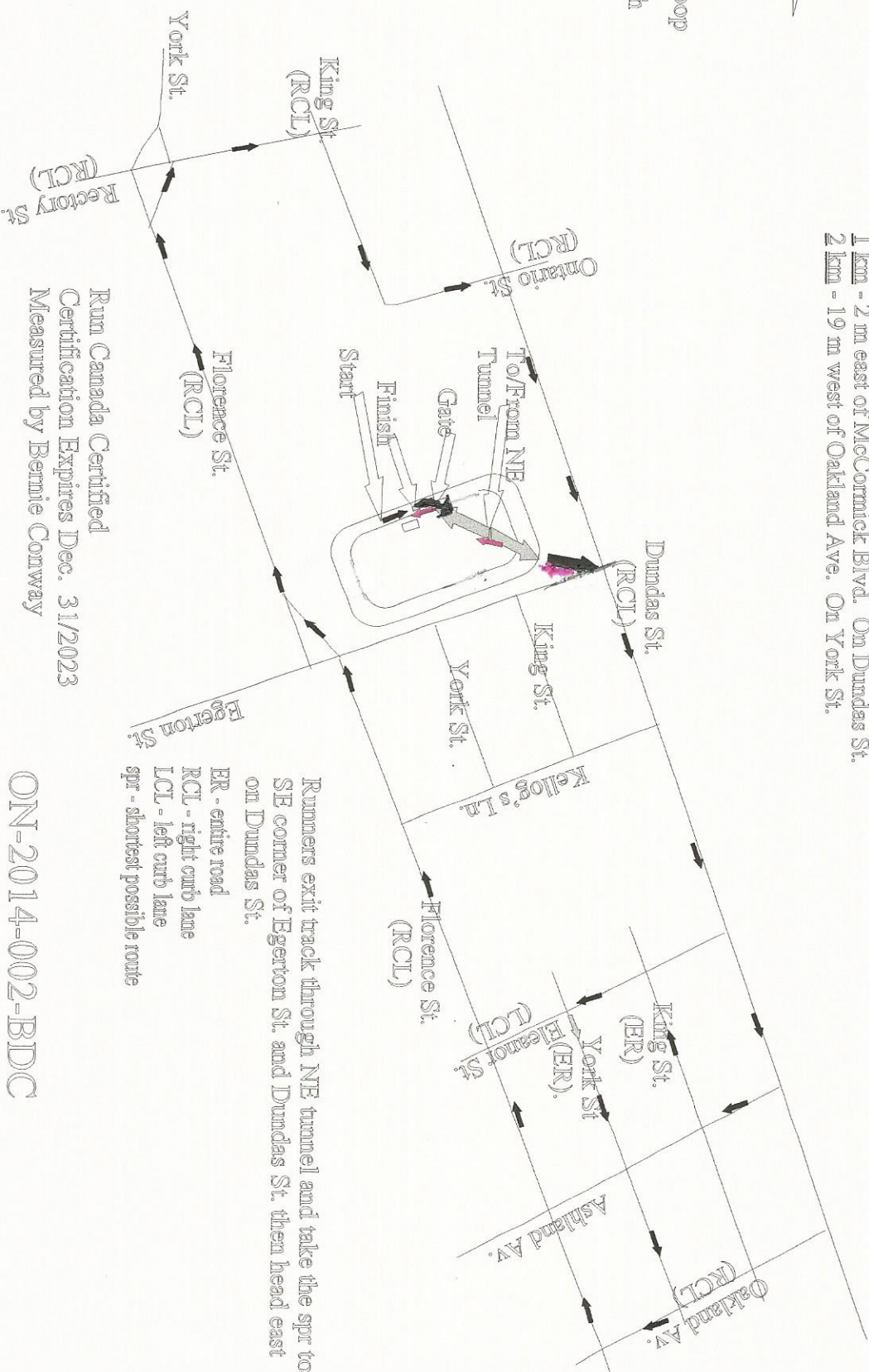
67 Southwood Crescent, London, Ontario, Canada, N6J 1S8
Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: measurer@rogers.com

Really Chilly 5 km

Start - on the south end of the track, on a line 10.0 m east of the east side of the Western Fair Sports Centre.
 Runners run clockwise to the exit leading to the NE tunnel
 1 km - 2 m east of McCormick Blvd. On Dundas St.
 2 km - 19 m west of Oakland Ave. On York St.



- ➔ First Loop
- ➔ To Finnish



Run Canada Certified
 Certification Expires Dec. 31/2023
 Measured by Bernie Conway

ON-2014-002-BDC

- 3 km - 2 m west of the east side of the house at 1048 Florence St.
- 4 km - 5 m west of hydro pole (T1 1333) with 3 transformers (north side of King St.) east of Rectory on King St.
- 5 km Finnish- even with the Finnish Post of track by the north end of the stage of the Western Fairgrounds