



*Athletics Canada/Run Canada*  
**Measurement Certificate**

Name of the course Olive-Me Co. Go the Distance Distance 3 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 244 m Finish 244 m Highest 244 m Lowest 234 m  
Straight line distance between start & finish 50 m Drop 0 m/km Separation 1.7 %  
Measured by (name, address, phone & e-mail) Bernard Conway 67 Southwood Crescent  
London, Ontario, N6J 1S8 519-641-6889 [measurer@rogers.com](mailto:measurer@rogers.com)  
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: April 21/2014  
Race date: June 22/2014 Course paperwork submission date: April 28/2014  
Expires: Dec. 31/2023 (if applicable) Certification code: ON-2014-008-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.

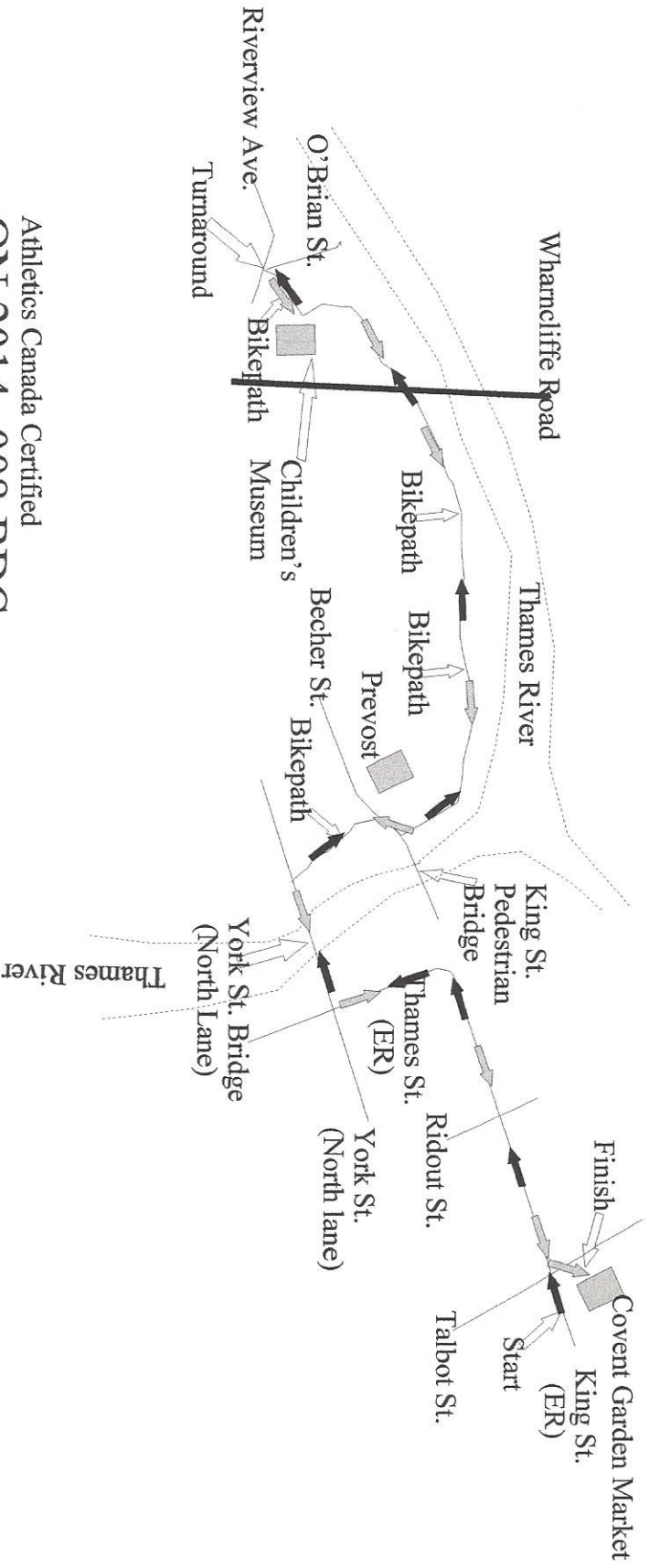
***This certification expires on December 31 in the year 2023***

**AS NATIONALLY CERTIFIED BY:**

 Date: April 28/2014  
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)

# Olive-Me Co. Go the Distance 3 km



Athletics Canada Certified

**ON-2014-008-BDC**

Certification Expires Dec. 31/2023

- Start - is on King St. even with the west wall of 119 King St.
- 1 km - 35 m west of the west fence of Prevoist on bikepath by the Thames River.
- Turnaround - is even with the east side of the east sidewalk of O'Brien St. where the bikepath behind the Children's Museum exits onto Riverview Ave., 2.16 m west of middle (yellow) bollard, at end of bikepath, 6.36 m east of centre of cleanout on Riverview & O'Brien intersection.
- 2 km - is the same as the 1 km mark.
- Finish - runners run up first ramp north of King St. on the east side of Talbot St. in front of Covent Garden Market. The south-west corner of the smallest concrete section, east of the two lamp posts.