



Athletics Canada/Run Canada
Measurement Certificate

Name of the course Olive-Me Co. Go the Distance Distance 10 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 0.5 %
Measured by (name, address, phone & e-mail) Bernard Conway 67 Southwood Crescent
London, Ontario, N6J 1S8 519-641-6889 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-2014-009-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.

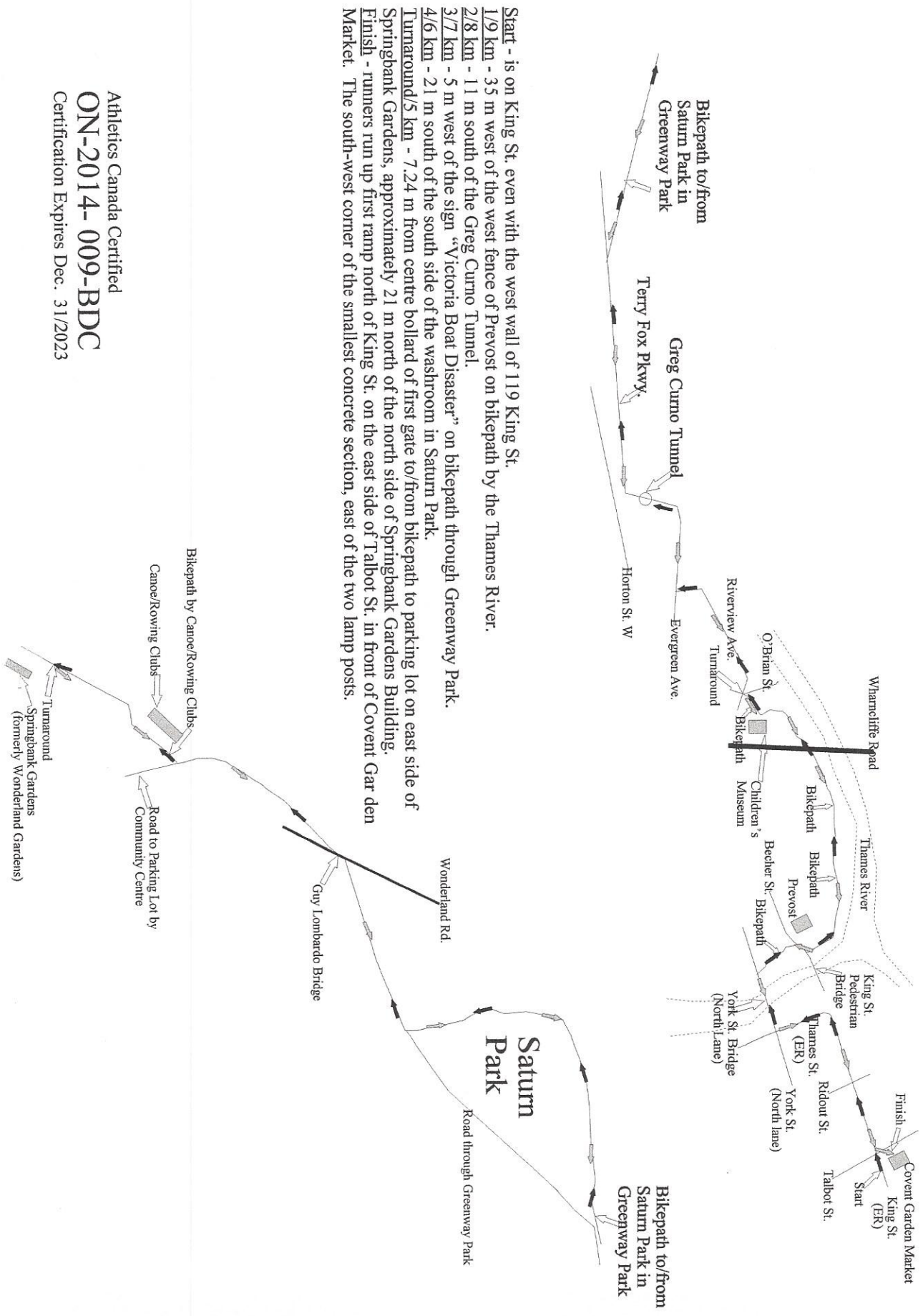
This certification expires on December 31 in the year 2023

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

Olive-Me Co. Go the Distance 10 km



Start - is on King St. even with the west wall of 119 King St.

1/9 km - 35 m west of the west fence of Prevost on bikepath by the Thames River.

2/8 km - 11 m south of the Greg Curno Tunnel.

3/7 km - 5 m west of the sign "Victoria Boat Disaster" on bikepath through Greenway Park.

4/6 km - 21 m south of the south side of the washroom in Saturn Park.

Turnaround/5 km - 7.24 m from centre bollard of first gate to/from bikepath to parking lot on east side of Springbank Gardens, approximately 21 m north of the north side of Springbank Gardens Building.

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.

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