



Athletics Canada/Run Canada
Measurement Certificate

Name of the course West Lorne Optimist Club 5 km Road Race Distance 5 km
Location (city) West Lorne (province) Ontario
Type of course: road race calibration track Configuration: Point to Point
Type of surface: paved 100 % dirt % gravel % grass % track %
Elevation (meters above sea level) Start 213 m Finish 214 m Highest 214 m Lowest 209 m
Straight line distance between start & finish 3.65 km Drop -0.2 m/km Separation 73 %
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) James Husband c/o West Lorne Optimist Club
142 Chestnut St., West Lorne, Ontario, N0L 2P0
Measuring Methods: bicycle steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: May 26/2014
Race date: Sept. 14/2014 Course paperwork submission date: May 31/2014
Expires: Dec. 31/2023 (if applicable) Certification code: ON-2014-041-BDC

Notice to Race Director
Use this Certification Code in *all* public
announcements relating to your race.

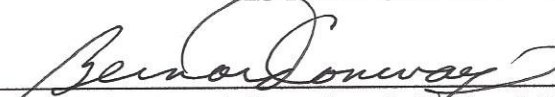
Be It Officially Noted That

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

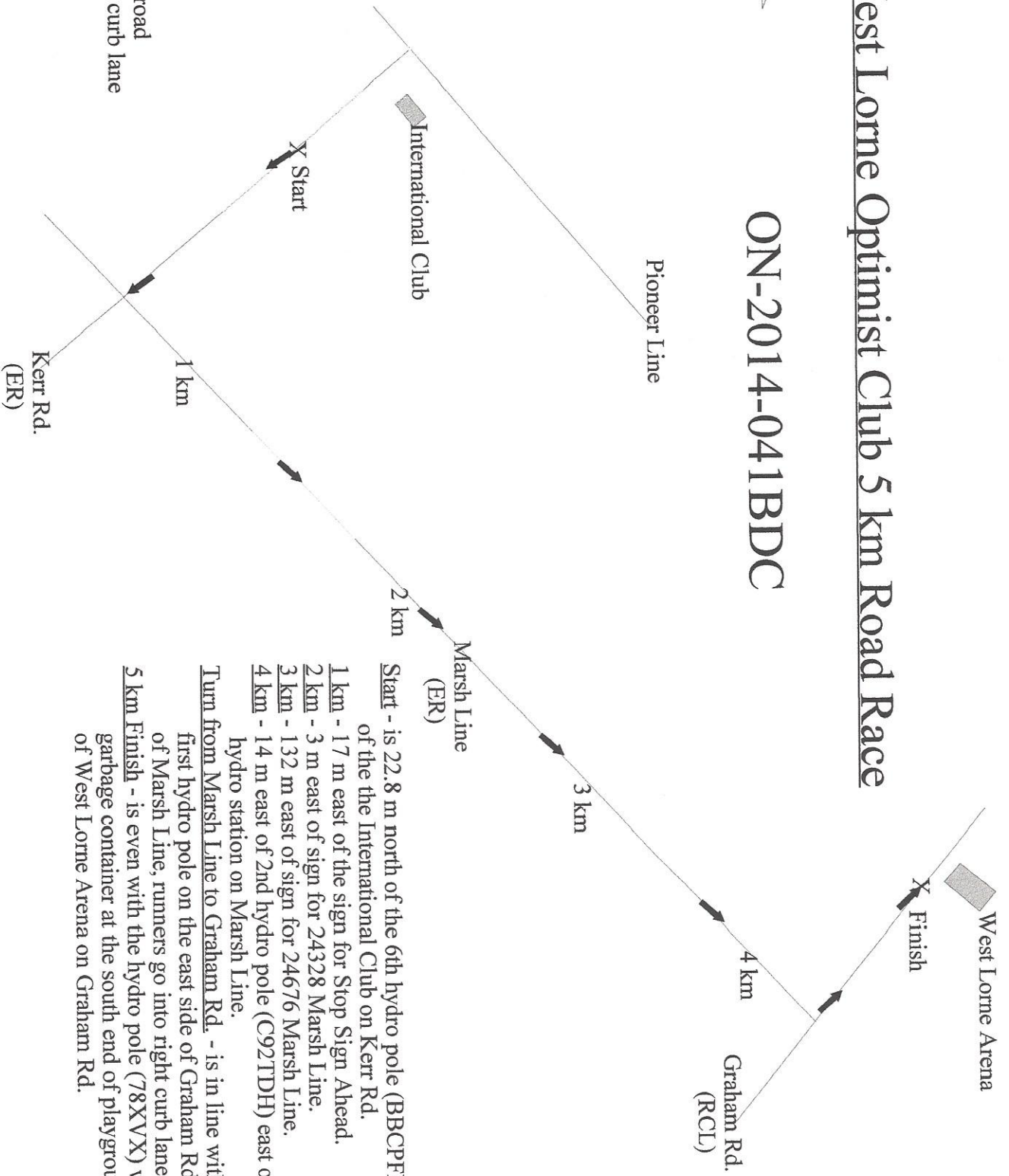
AS NATIONALLY CERTIFIED BY:

 Date: June 2/2014
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

West Lorne Optimist Club 5 km Road Race

ON-2014-041BDC



- Start - is 22.8 m north of the 6th hydro pole (BBCPFR) south of the International Club on Kerr Rd.
- 1 km - 17 m east of the sign for Stop Sign Ahead.
- 2 km - 3 m east of sign for 24328 Marsh Line.
- 3 km - 132 m east of sign for 24676 Marsh Line.
- 4 km - 14 m east of 2nd hydro pole (C92TDH) east of the hydro station on Marsh Line.
- Turn from Marsh Line to Graham Rd. - is in line with the first hydro pole on the east side of Graham Rd., north of Marsh Line, runners go into right curb lane.
- 5 km Finish - is even with the hydro pole (78XVX) with the garbage container at the south end of playground south of West Lorne Arena on Graham Rd.

ER - entire road
RCL - right curb lane