



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Rock the Road 5K Distance 5 km  
Location (city) London (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 277 m Finish 259 m Highest 277 m Lowest 259 m  
Straight line distance between start & finish 750 m Drop 3.6 m/km Separation 15 %  
Measured by (name, address, phone & e-mail) Bernard Conway 67 Southwood Crescent  
London, Ontario, N6J 1S8 519-641-6889  
Race contact (name, address & phone) Brandon Laan 86 Toohy Court  
London, Ontario, N6G 4Y1 519-868-1117  
Measuring Methods: bicycle  steel tape  electronic distance meter   
Number of measurements of entire course: 2 Date(s) when course measured: Aug. 12/2014  
Race date: Aug. 16/2014 Course paperwork submission date: Aug. 22/2014  
Expires: Dec. 31/2023 (if applicable) Certification code: ON-2014-085-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:

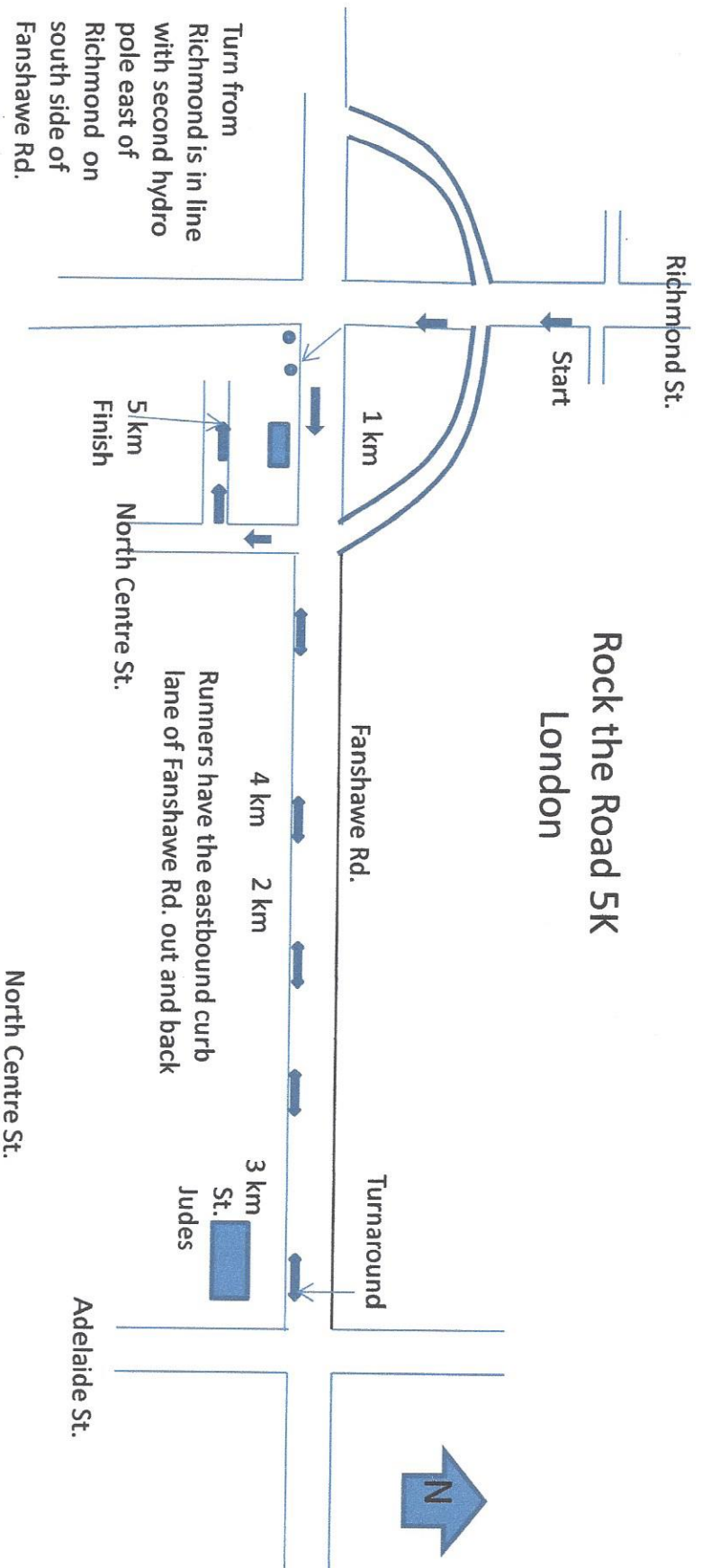
Bernard Conway  
Bernard Conway - Athletics Canada/Run Canada National Certifier  
- IAAF/AIMS Grade A Measurer  
- USATF/RRTC Final Signatory

Date: Aug. 22/2014

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)

# Rock the Road 5K London



- Start – 53.3 m south of the south side of drain on east side of Richmond St., south of entrance to 1836 Richmond St.
- 1 km – 9 m west of the west side of CIBC Bank on south side of Fanshawe. Rd.
- 2 km – 7 m east of door in sound barrier fence on south side of Fanshawe Rd., between the 2 posts with arches over sidewalk.
- Turnaround – on Fanshawe Rd. even with east face of St. Judes Anglican Church, 14.74 m west of base of fire hydrant on SW corner of Fanshawe Rd. and Adelaide St.
- 3 km – 51 m west of the west curb of Adelaide St. on Fanshaw Rd.
- 4 km – 73 m east of the east curb of Hastings Drive on Fanshawe Rd.
- 5 km Finish – enter first entrance into Masonville Mall from North Centre St., in line with the west side of the CIBC Bank, 55.45 m west of the west curb of North Centre St.