



Athletics Canada/Run Canada
Measurement Certificate

Name of the course La Grande Vadrouille Distance 10 km
Location (city) Vaudreuil (province) QC
Type of course: road race calibration track Configuration: Loop (2 laps)
Type of surface: paved 100 % dirt % gravel % grass % track %
Elevation (meters above sea level) Start 25 m Finish 25 m Highest 27 m Lowest 23 m
Straight line distance between start & finish 500 m Drop 0 m/km Separation 5 %
Measured by (name, address, phone & e-mail) Christine Bush & Mark McGowan
1580 Surrey, Dorval, QC, H9P 1W8 514-538-1222 cbush@videotron.ca
Race contact (name, address & phone) Jean Pierre Champagne
26 rue EMard, Vaudreuil-Dorion, QC, J7V 7N9 450-424-0096
Measuring Methods: bicycle steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: Sept. 16/2014
Race date: 3rd Sunday in Sept. Course paperwork submission date: Oct. 23/2014
Expires: Dec. 31/2023 (if applicable) Certification code: QC-2014-129-BDC

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

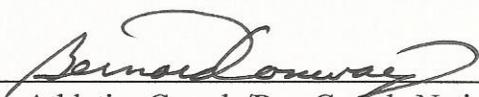
Be It Officially Noted That

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: Oct. 31/2014
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

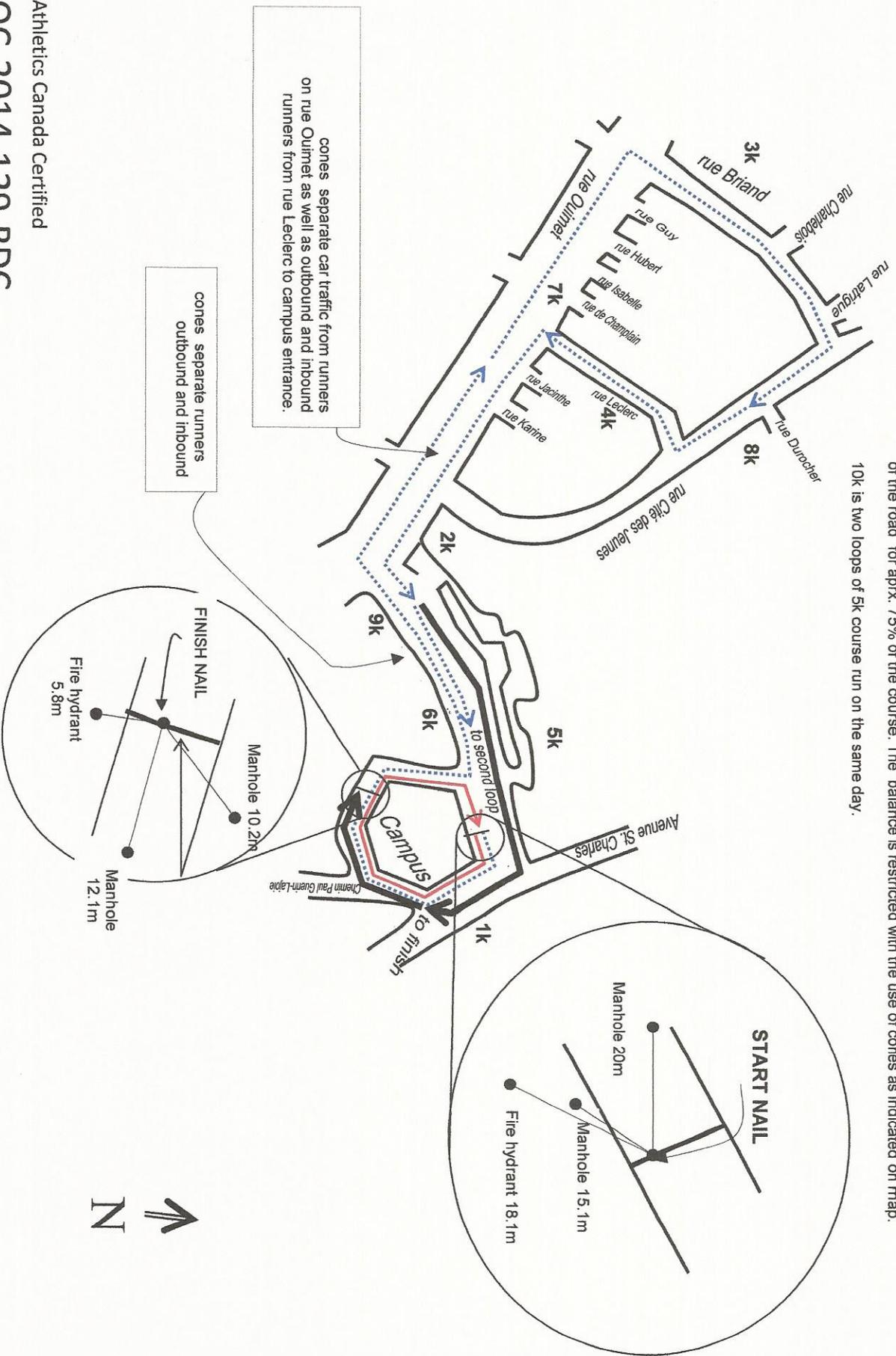
La Grande Vadrouille 10K

Notes:

Measured on Sept. 8, 2014 by Mark McGowan and Christine Bush

Course start finish area is at Polyvalente Cité des Jeunes campus and is run entirely on paved city streets. Runners have run of the road for approx. 75% of the course. The balance is restricted with the use of cones as indicated on map.

10k is two loops of 5k course run on the same day.



Athletics Canada Certified

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Certification Expires Dec. 31/2023