



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course Spring Run-Off 8 km (High Park, Toronto)
Certificate number ON-2016-002-DRY Distance 8 km Race date April 9, 2016
City Toronto Province Ontario
Race contact name Alan Brookes Race contact email alnbrookes@aol.com

Course Information

Start elevation 109 m Finish elevation 112 m
Elevation change 0.6 m/km Percent separation 2.5%

Measurer Information

Measurer name Bernard Conway
Measurement date March 30 and April 5, 2016 Expiry date December 31, 2026

Official Notice

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**, 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.

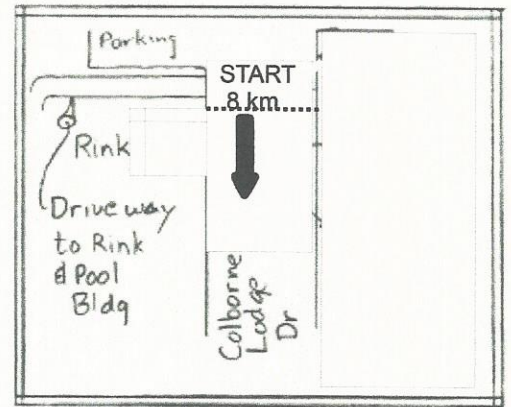
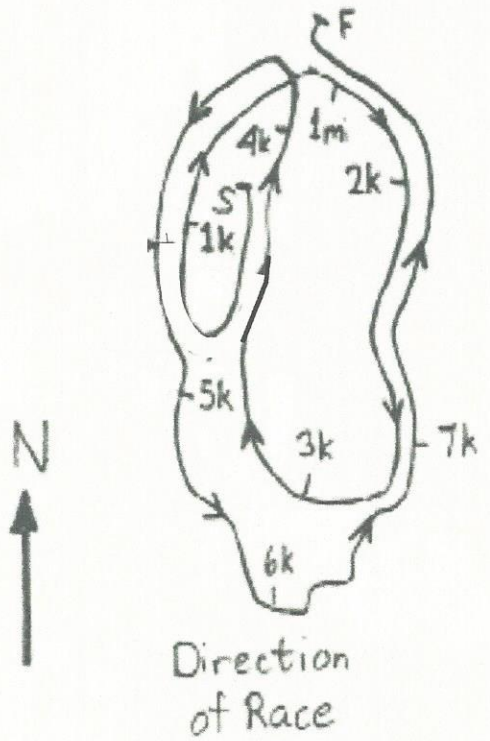
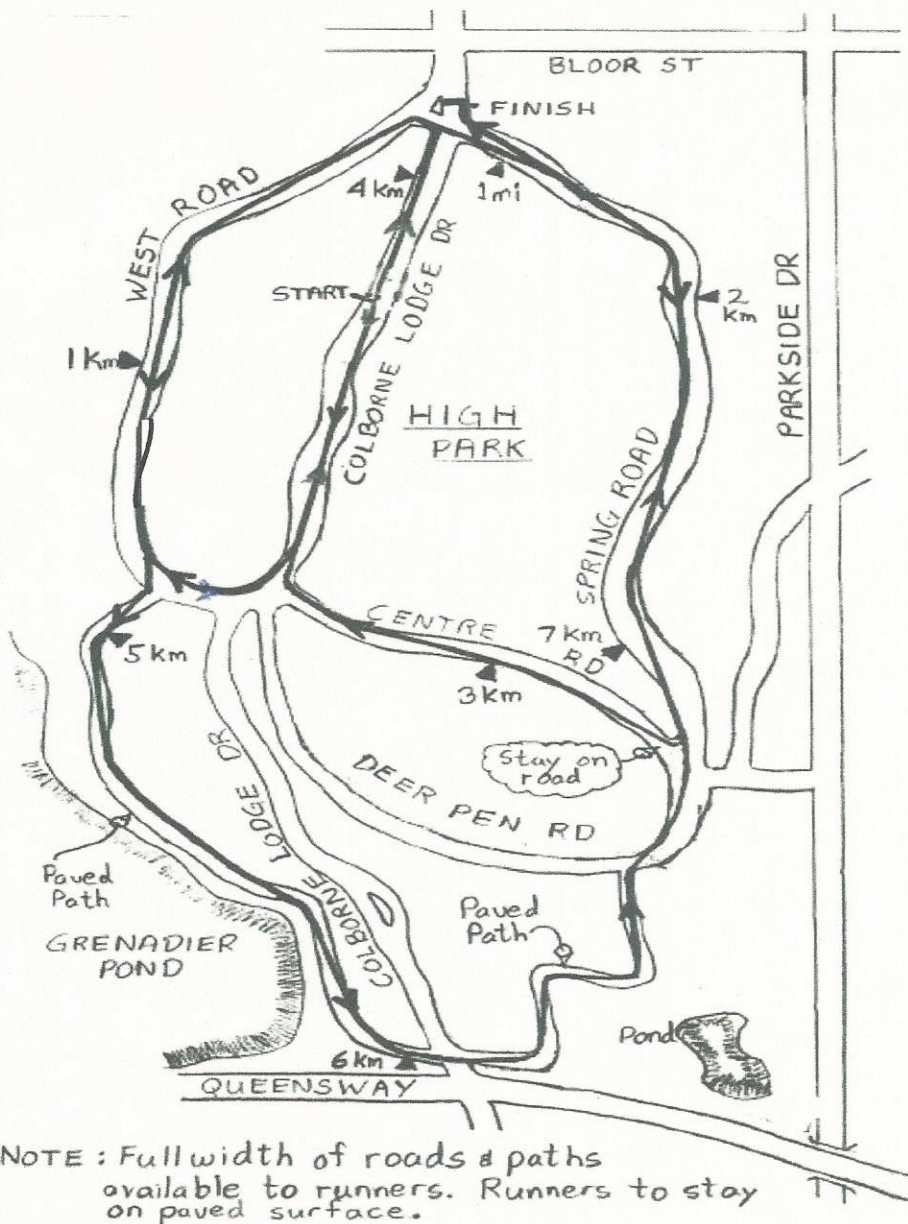
As Nationally Certified by

Signature of certifier  _____
Date April 6, 2016

Any inquiries regarding this certificate should be directed to coursemeasurement@athletics.ca



Spring Run-Off 8 km (High Park, Toronto)



NOTE: Fullwidth of roads & paths available to runners. Runners to stay on paved surface.

- Start – 2.47 m S of of S side of driveway at N end of outdoor rink, even with intersection of old & new curbs on W side of Colborne Lodge Dr.
- 1 km – 17.5 m N of pole P448 on W side of West Rd.
- 2 km – 3 m S of pole P247, even with N side of storm drain on Spring Rd.
- 3 km – 5 m E of pole P173 on Centre Rd., 3 m E of bench on uphill.
- 4 km – 5 m N of pole P405 on Colborne Lodge Dr., even with N curb of parking area.
- 5 km – 25 m S of rock with metal plaque about Cherry Tree on downhill by Grenadier Pond.
- 6 km – 11 m E of E side of streetcar shelter on Queensway, 37 m W of Colborne Lodge Dr. entrance to High Park.
- 7 km – 6 m E of pole P207 on Spring Rd.
- 8 km Finish – is 2.50 m N of N end of bench between poles P413 & P411, 8.85 m S of centre of pole P413 on E side of Colborne Lodge Dr.

Athletics Canada Certified
ON-2016-002-DRY
Certification Expires Dec. 31, 2026