



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course Rock The Road 5K
Certificate number ON-2016-003-DRY Distance 5.0 km Race date June 5, 2016
City London Province Ontario
Race contact name Chantelle Wilder Race contact email chantelle@raceroster.com

Course Information

Start elevation 266 m Finish elevation 266 m
Elevation change 0 m Percent separation 0%

Measurer Information

Measurer name Bernard Conway
Measurement date May 13, 2016 Expiry date December 31, 2025

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

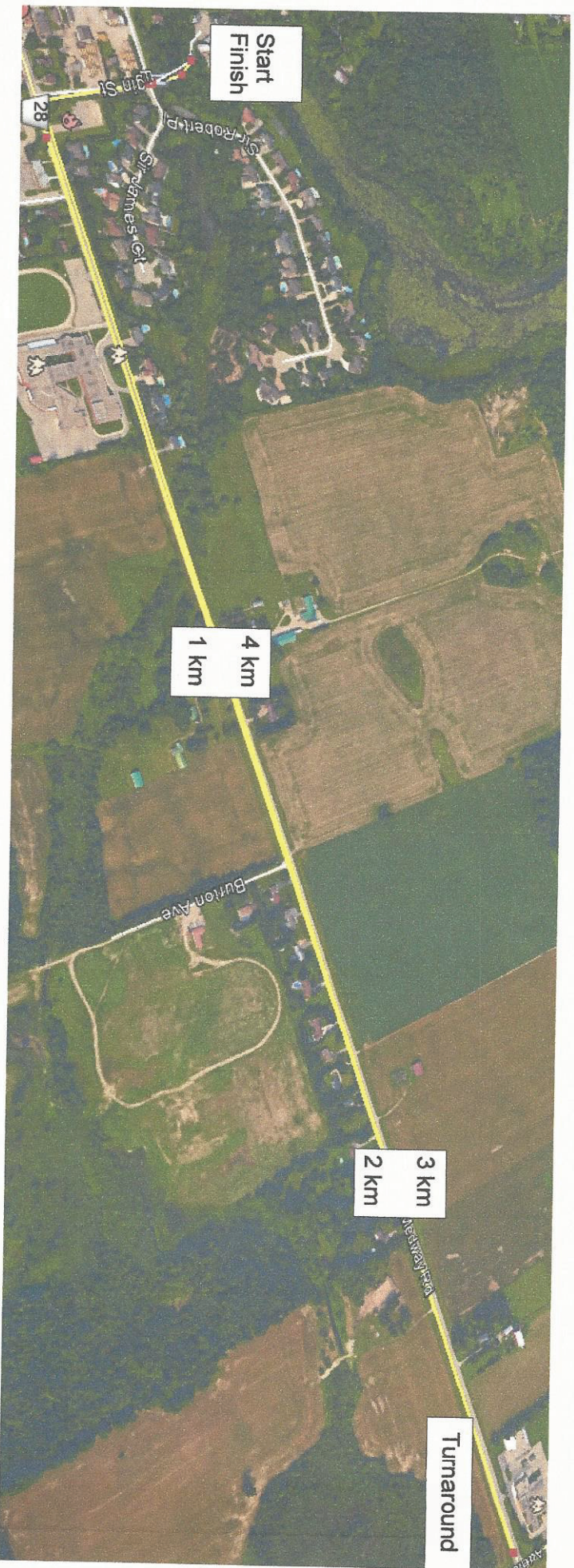
Signature of certifier  _____
Date May 17, 2016

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



Rock the Road 5k

Start/Finish – in line with the first post on N side of driveway heading E from house at Arva Flour Mill, across from bridge across pond on the driveway leading to/from the Arva Flour Mill at 2042 Elgin St. Even with 5th post E of the bridge on the S side of driveway.
1 km/4 km – 7 m E of sign for 14494 Medway Rd.
2 km/3 km – 144 m W of sign for 14724 Medway Rd.
Turnaround – 20.7 m W of W curb of Adelaide St. on Medway Rd., 2.10 m E of cable connecting the 2 west-most signal lights.



Athletics Canada Certified
ON-2016-003-DRY
Certification Expires Dec. 31, 2025