



ATHLETICS CANADA

ROAD RACE MEASUREMENT CERTIFICATE

Race Information

Name of the course Run With Pride 10K
Certificate number ON-2024-013-DRY Distance 10 km Race date July 13, 2024
City London Province ON
Race contact name Drew Pinkerton Race contact email drewpinkerton@gmail.com

Course Information

Start elevation 230 m Finish elevation 230 m
Elevation change (m/km) 0 m/km Percent separation 0%

Measurer Information

Measurer name Keith Secor kdsecor@hotmail.com
Measurement date May 25, 2024 Expiry date Dec 31, 2033

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

June 18, 2024

Date

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

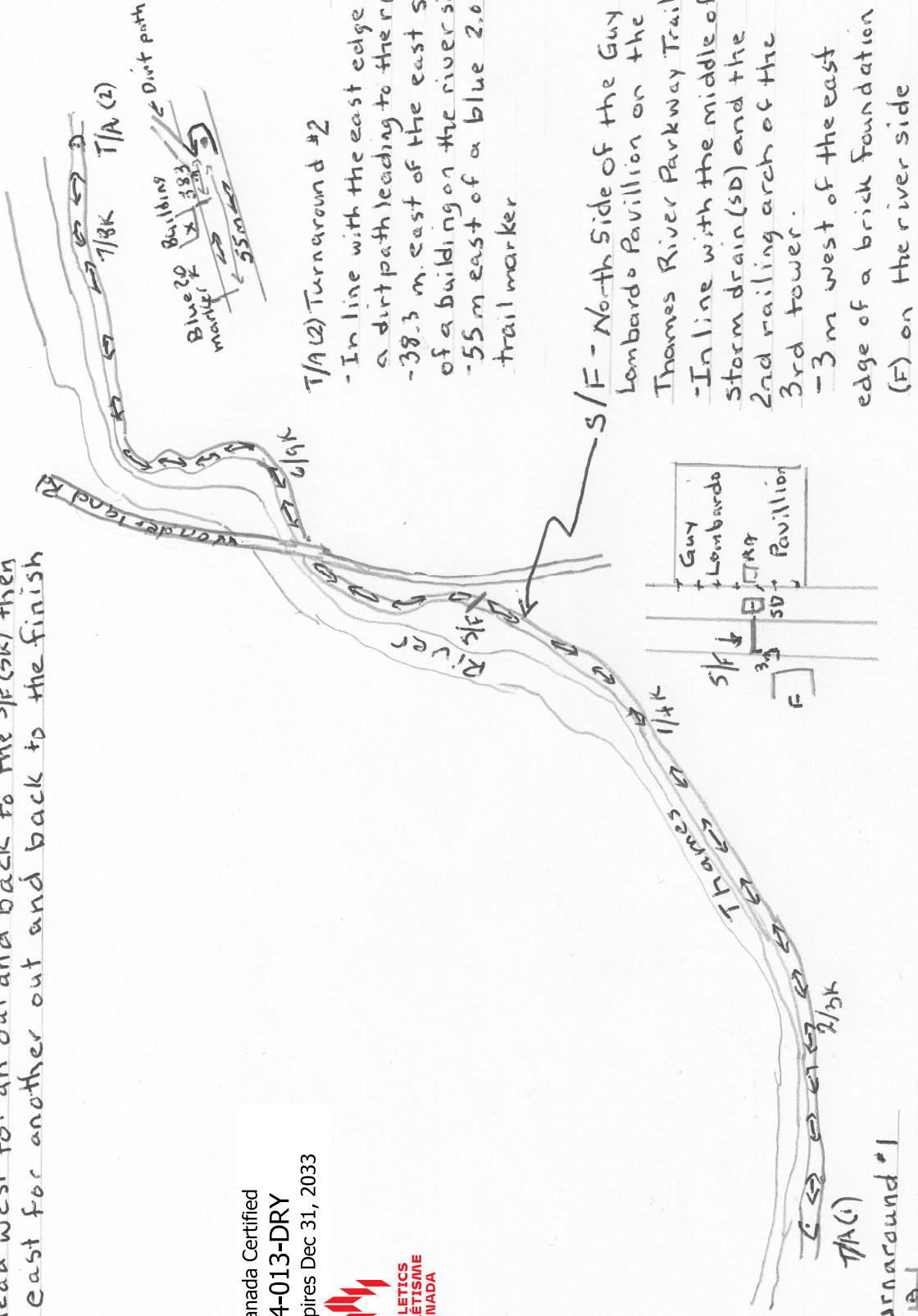


Run For Pride 10k Route

Runners head west for an out and back to the S/F (S1K) then head east for another out and back to the finish

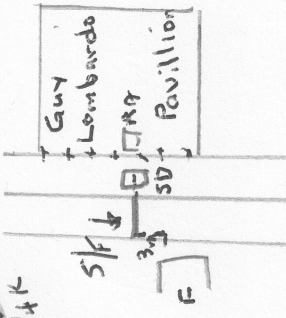


Athletics Canada Certified
 ON-2024-013-DRY
 Certification expires Dec 31, 2033

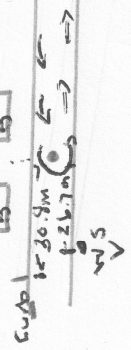


T/A (2) Turnaround #2
 - In line with the east edge of a dirt path leading to the river.
 - 38.3 m east of the east side of a building on the river side
 - 55 m east of a blue 2.0k trail marker

S/F - North Side of the Guy Lombardo Pavillion on the Thames River Parkway Trail.
 - In line with the middle of storm drain (SD) and the 2nd railing arch of the 3rd tower.
 - 3 m west of the east edge of a brick foundation (F) on the river side



T/A (1) Turnaround #1



On the Parkway trail north of the mini train tracks
 - Halfway between 2 benches on the river side
 - 26.7 m east of the water service Valve (WSV) on a yellow post on the south side.
 - 30.8 m east of the start of the curbs on the north side (river side)

