



Athletics Canada/Run Canada
Measurement Certificate

Name of the course Goodlife Fitness Toronto 5 km Distance 5 km
Location (city) Toronto (province) Ontario
Type of course: road race calibration track Configuration: Loop
Type of surface: paved 100 % dirt % gravel % grass % track %
Elevation (meters above sea level) Start 176 m Finish 76 m Highest 76 m Lowest 76 m
Straight line distance between start & finish 150 m Drop 0 m/km Separation 3 %
Measured by (name, address, phone & e-mail) Dave Yaeger 1254 Albany Drive
Ottawa, ON, K2C 2L5 613-228-8455 and Jeff Stevenson
Race contact (name, address & phone) Jay Glassman c/o Running First Ltd.
1 Yorkdale Rd., Suite 202, Toronto, ON, M6A 3A1 416-920-3466
Measuring Methods: bicycle steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: March 31/2012
Race date: May 6/2012 Course paperwork submission date: May 1/2012
Replaces: (if applicable) Certification code: ON-2012-31-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 2021

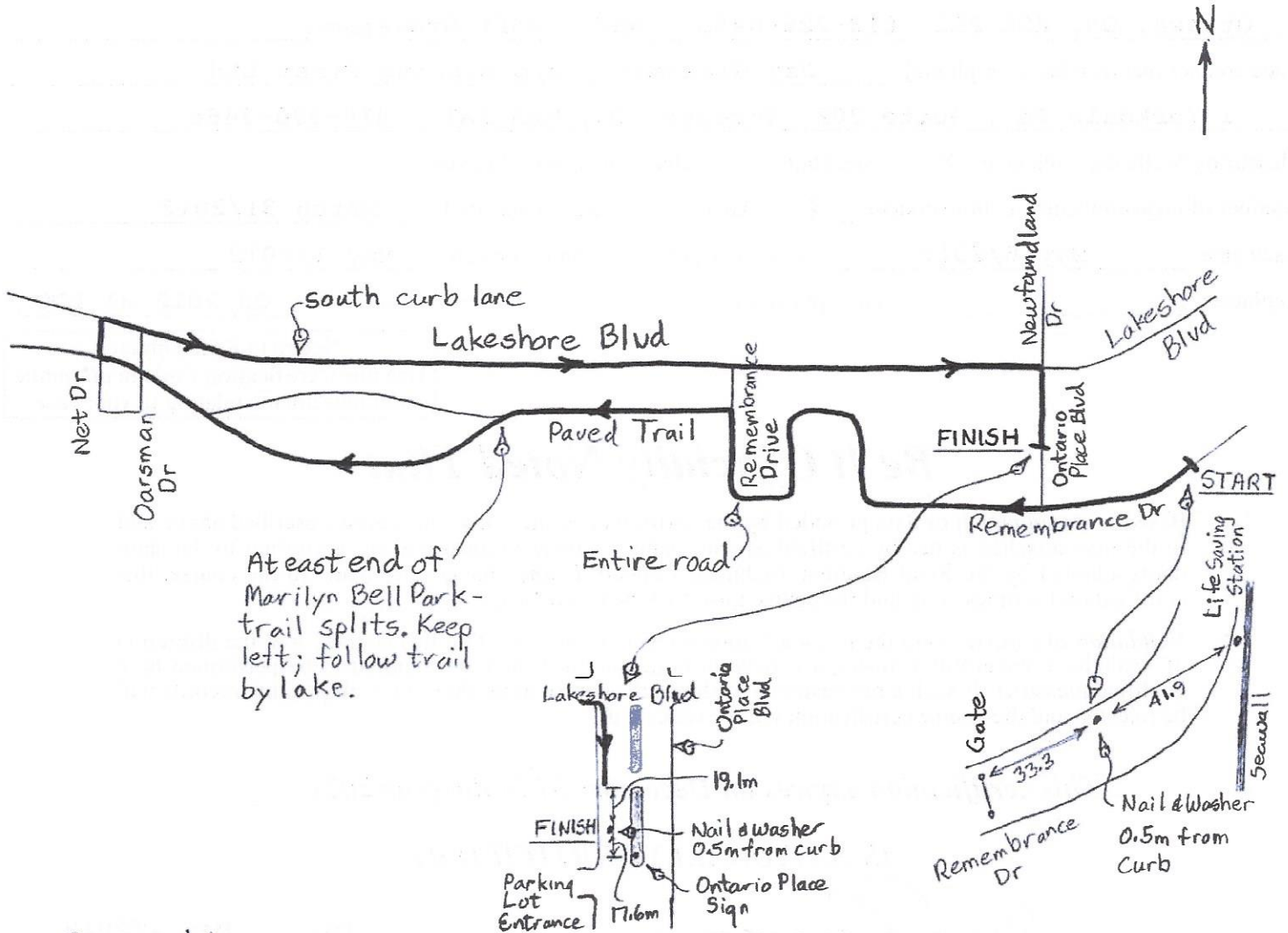
AS NATIONALLY CERTIFIED BY:

Bernard Conway Date: May 1/2012
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

TORONTO 5 km – 2012

- Start Remembrance Dr – N side 33.3m E of Gate on Remembrance Dr E of Ontario Place Blvd.
- 1 km Martin Goodman Trail – N side 22.2m W Traffic Light at SW corner of Remembrance Dr (most westerly intersection) and Lakeshore Blvd.
- 2 km Martin Goodman Trail – N-side 10.1m W of 2nd Life Saving Station from W end of Marilyn Bell Park.
- 3 km Lakeshore Blvd – S side 11.1m W of Pole 2nd Pole W of Pole 365. 40m E of Pole 379 on N side. E of Pedestrian Bridge at Jamieson Ave.
- 4 km Lakeshore Blvd – S side 12.7m E of Pole 237.
- 5 km Ontario Place Blvd. Approx 20 m N of Parking lot entrance of W side.



Prepared by:
 Dave Yaeger
 613-228-8455
 April 2012