



Athletics Canada/Run Canada
Measurement Certificate

Name of the course Ironfoot 5 km Run Distance 5 km
Location (city) Lakeshore (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 178 m Finish 178 m Highest 180 m Lowest 178 m
Straight line distance between start & finish 0 m Drop 0 m/km Separation 0 %
Measured by (name, address, phone & e-mail) Bernard Conway 67 Southwood Crescent
London, Ontario, N6J 1S8 519-641-6889
Race contact (name, address & phone) Ironfoot Races International
372-13300 Tecumseh Road E, Windsor, Ontario, N8N 4R8 519773-1311
Measuring Methods: bicycle steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: July 21/2012
Race date: Sept. 9/2012 Course paperwork submission date: July 22/2012
Replaces: _____ (if applicable) Certification code: ON-2012-088-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

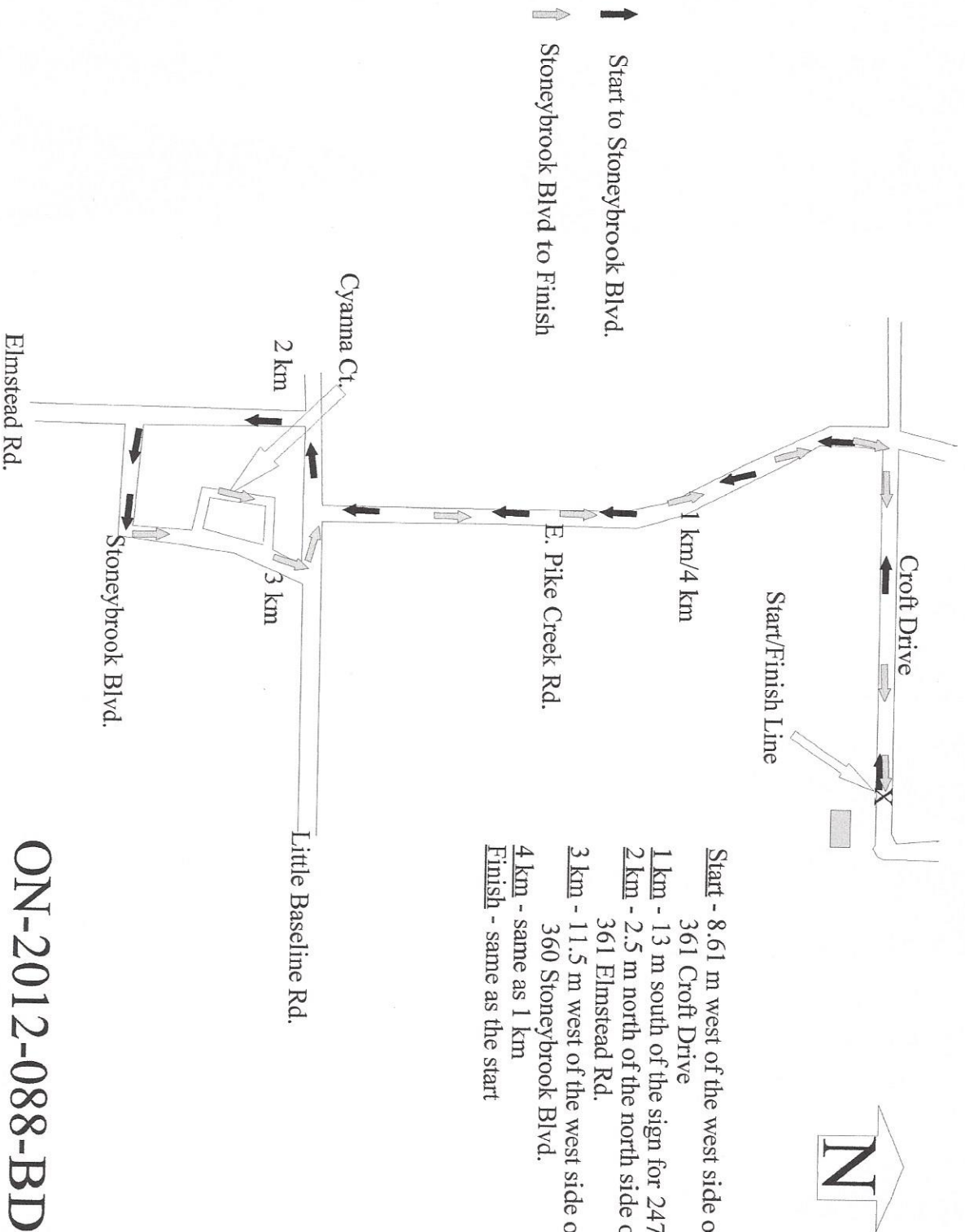
AS NATIONALLY CERTIFIED BY:

Bernard Conway Date: July 22/2012
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

Ironfoot 5 km Run



- Start - 8.61 m west of the west side of the building at 361 Croft Drive
- 1 km - 13 m south of the sign for 247 E. Pike Creek Rd.
- 2 km - 2.5 m north of the north side of the house at 361 Elmstead Rd.
- 3 km - 11.5 m west of the west side of the house at 360 Stoneybrook Blvd.
- 4 km - same as 1 km
- Finish - same as the start

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