



*Athletics Canada/Run Canada*  
**Measurement Certificate**

Name of the course Run For Heroes 5K Distance 5 km  
Location (city) Amherstburg (province) Ontario  
Type of course: road race  calibration  track  Configuration: Out/Back  
Type of surface: paved 100 % dirt      % gravel      % grass      % track      %  
Elevation (meters above sea level) Start 174 m Finish 174 m Highest 174 m Lowest 174 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) Chris Uszynski 430 Lakewood Dr.  
Amherstburg, Ontario, N9V 2V8 519-980-5440  
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. 23/2012 & July 1/2013 Course paperwork submission date: July 23/2012  
Replaces:      (if applicable) Certification code: ON-2012-089-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.

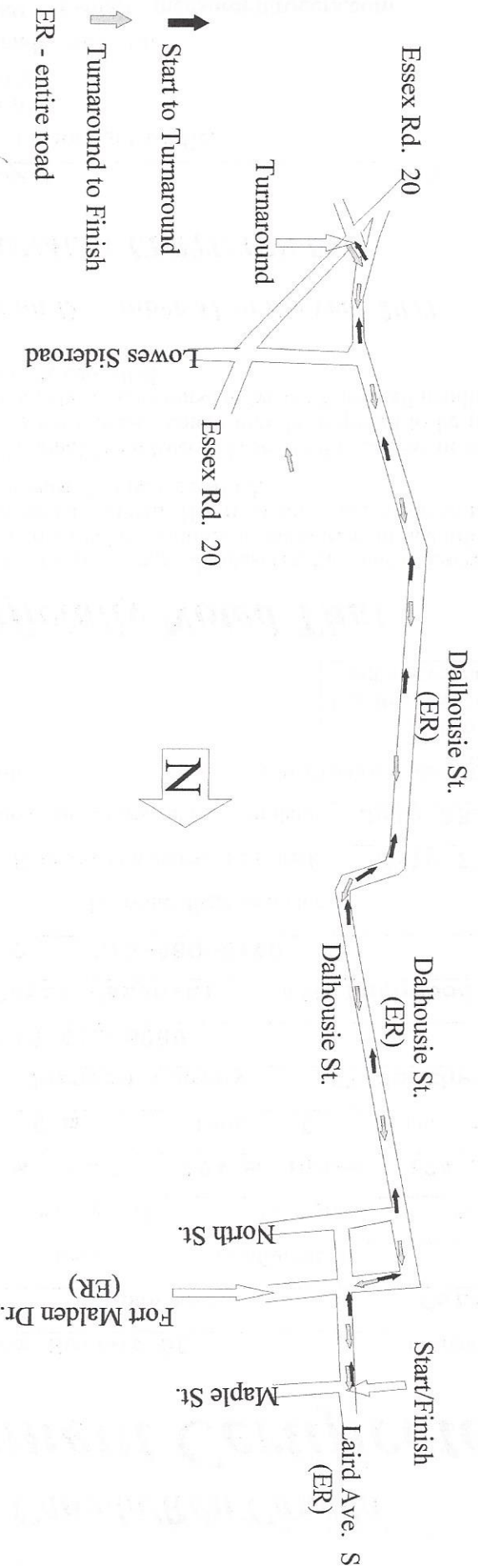
***This certification expires on December 31 in the year 2021***

**AS NATIONALLY CERTIFIED BY:**

Bernard Conway Date: July 24/2012  
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](mailto:measurer@rogers.com)

# Run For Heroes 5K - Amherstburg



Start to Turnaround

Turnaround to Finish

ER - entire road

Start - even with north curb of Maple St. on Laird Ave. S, west of boulevard

1 km - 3 m north of the north side of The Beer Store on Dalthouse St.

2 km - 2 m south of south side of house at 568 Dalthouse St.

Turnaround - 2.5 km - north side of the painted car stop and yellow centre line on Dalthouse St., 8.07 m north of the north side of Essex County Rd. 20

3 km - same as 2 km

4 km - same as 1 km

5km Finish - same as Start

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