



*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: Out/Back  
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: Aug. 7/2012  
Race date: Sept. 9/2012 Course paperwork submission date: Aug. 9/2012  
Replaces: \_\_\_\_\_ (if applicable) Certification code: ON-2012-108-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.

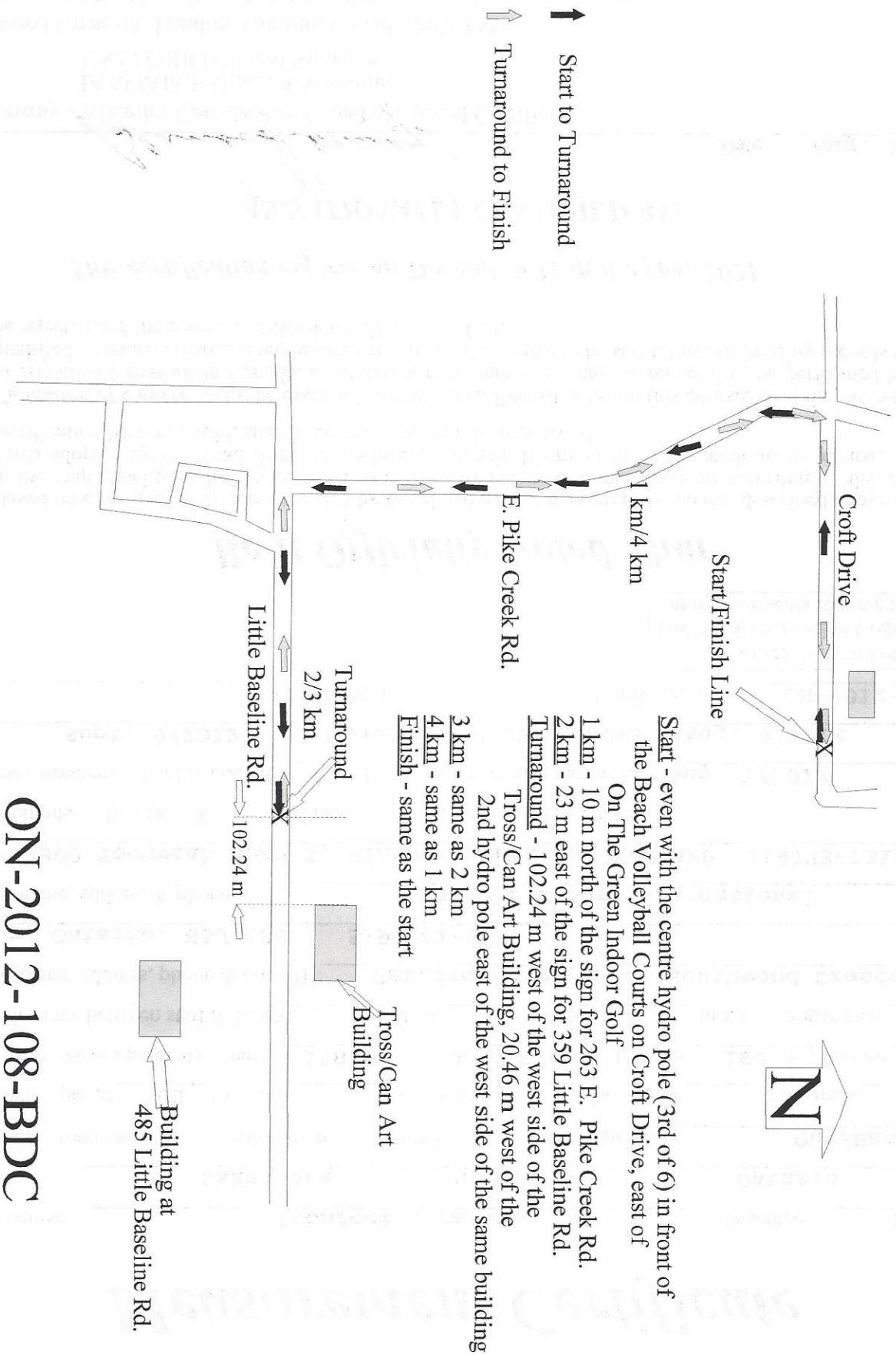
***This certification expires on December 31 in the year 2021***

**AS NATIONALLY CERTIFIED BY:**

*Bernard Conway* Date: Aug. 10/2012  
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)

# Ironfoot 5 km Run



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