



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

Name of the course Really Chilly 1 km Run Distance 1 km  
Location (city) London (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 250 m Finish 250 m Highest 250 m Lowest 250 m  
Straight line distance between start & finish 50 m Drop 0 m/km Separation 5 %  
Measured by (name, address, phone & e-mail) Bernard Conway 67 Southwood Crescent  
London, Ontario, N6J 1S8 519-641-6889  
Race contact (name, address & phone) Paul Roberts c/o Runners' Choice  
207 Dundas St., London, Ontario, N6J 1G4 519-672-5928  
Measuring Methods: bicycle  steel tape electronic distance meter  
Number of measurements of entire course: 3 Date(s) when course measured: Oct. 22/2012  
Race date: \_\_\_\_\_ Course paperwork submission date: Oct. 25/2012  
Replaces: \_\_\_\_\_ (if applicable) Certification code: ON-2012-146-BDC

Notice to Race Director  
Use this Certification Code in *all* public  
announcements relating to your race.

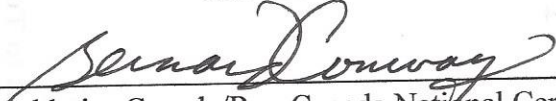
***Be It Officially Noted That***

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***

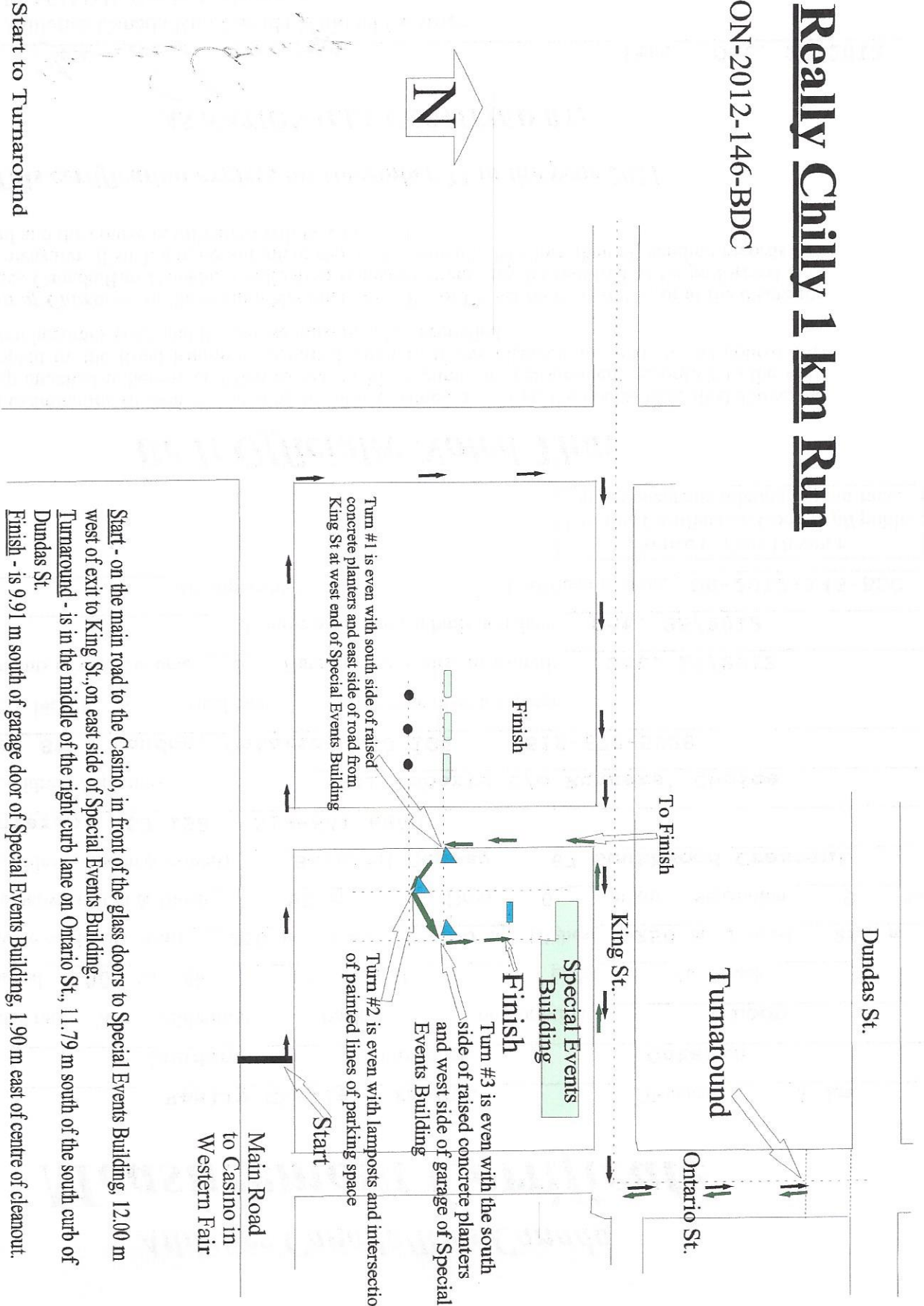
**AS NATIONALLY CERTIFIED BY:**

 Date: Oct. 25/2012  
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)

# Really Chilly 1 km Run

ON-2012-146-BDC



- ↕ From Start to Turnaround
- ↗ From Turnaround to Finish
- ▭ Concrete Planters
- Lampposts
- ▲ Cones

Start - on the main road to the Casino, in front of the glass doors to Special Events Building, 12.00 m west of exit to King St., on east side of Special Events Building.

Turnaround - is in the middle of the right curb lane on Ontario St., 11.79 m south of the south curb of Dundas St.

Finish - is 9.91 m south of garage door of Special Events Building, 1.90 m east of centre of cleanout.

Turn #1 is even with south side of raised concrete planters and east side of road from King St at west end of Special Events Building

Turn #2 is even with lampposts and intersection of painted lines of parking space

Turn #3 is even with the south side of raised concrete planters and west side of garage of Special Events Building