



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

Name of the course Good Friday Road Races 5K Distance 5 km  
Location (city) Burlington (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 324 m Finish 315 m Highest 363 m Lowest 273 m  
Straight line distance between start & finish 100 m Drop 1.8 m/km Separation 2 %  
Measured by (name, address, phone & e-mail) Joe Hewitt 4151 Spruce Ave.  
Burlington, ON, L7L 1K8 905-333-0652  
Race contact (name, address & phone) Paula Desjardins 2013 James Street  
Burlington, ON, L7R 1H1 905-637-1888  
Measuring Methods: bicycle  steel tape electronic distance meter  
Number of measurements of entire course: 2 Date(s) when course measured: Oct. 22/2012  
Race date: March 29/2013 Course paperwork submission date: Nov. 16/2012  
Replaces: \_\_\_\_\_ (if applicable) Certification code: ON-2012-157-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: Nov. 17/2012

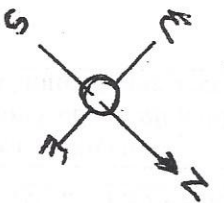
Bernard Conway - Athletics Canada/Run Canada National Certifier

- IAAF/AIMS Grade A Measurer
- USATF/RRTC Final Signatory

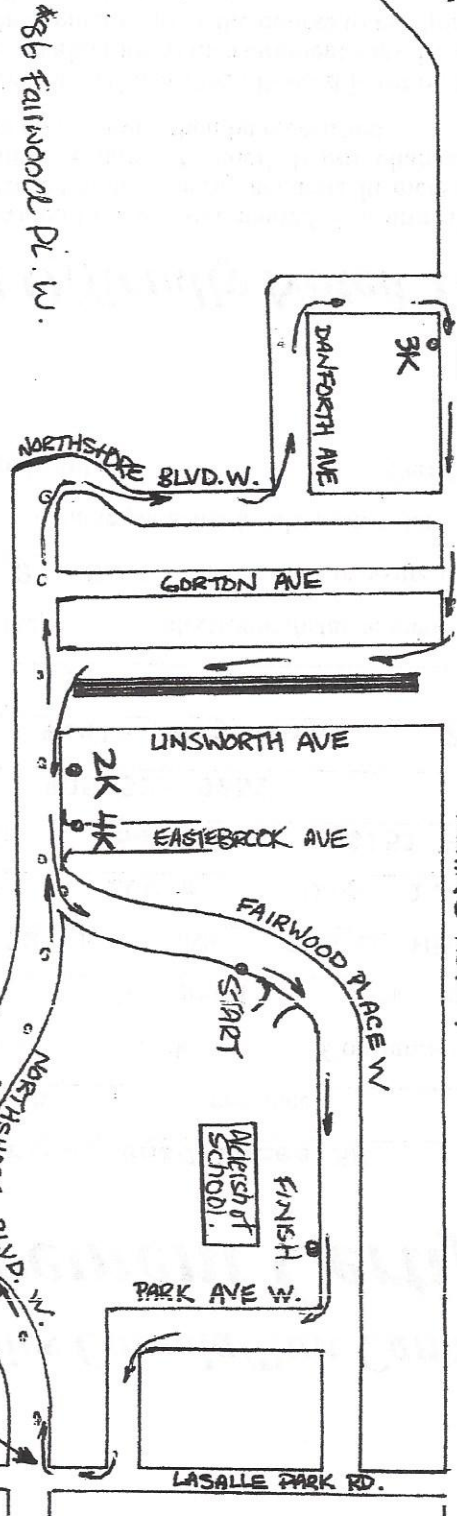
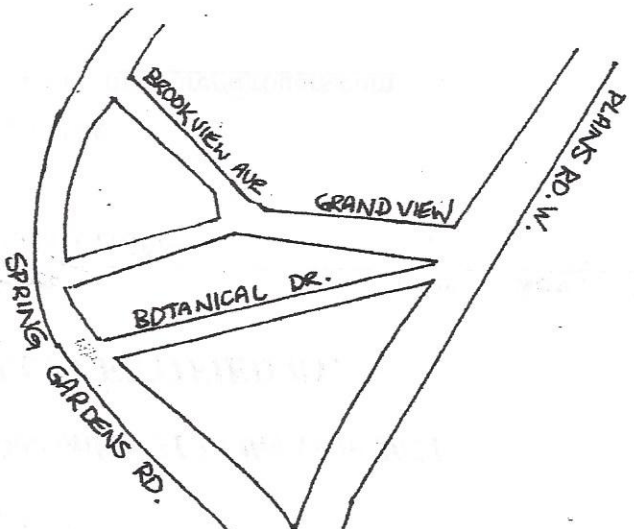
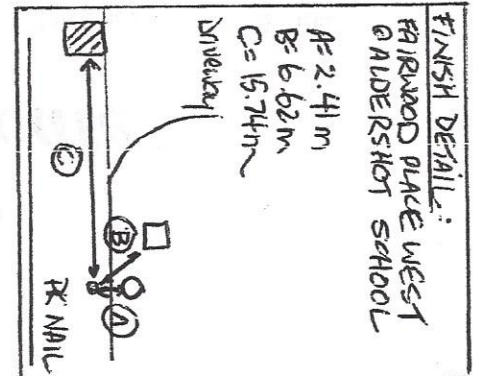
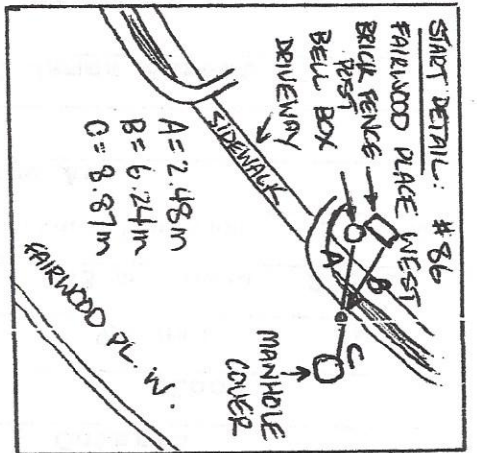
67 Southwood Crescent, London, Ontario, Canada, N6J 1S8

Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: [measurer@rogers.com](mailto:measurer@rogers.com)

BURLINGTON ROAD RACE: 5K



COMES ALONG THE LANE  
EASTBOUND BIKE LANE  
ON PLAINS RD. N.



START in line with door of #86 Fairwood Pl. W.  
See detail.

- 1K : 51 North Shore Blvd, 1m east of east side of driveway
- 2K : 305 North Shore Blvd in line with the east side of driveway
- 3K : 420 Plains Rd. W, 2m east of driveway, east of Danforth Ave
- 4K : 267 North Shore Blvd in line with fence on the west side of property @ Easterbrook Ave
- 5K : see FINISH detail at Aldershot school entrance

Runners turn onto North Shore Blvd into the westbound lane (or north lane) \* comes along north lane to westbound runner to that lane.

ON-2012-157-BDC

\*map not to scale