



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

Name of the course Good Friday Road Races 10 Mile Distance 10 mile  
Location (city) Burlington (province) Ontario  
Type of course: road race  calibration track Configuration: Loop (2 laps)  
Type of surface: paved 100 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %  
Elevation (meters above sea level) Start 321 m Finish 315 m Highest 363 m Lowest 273 m  
Straight line distance between start & finish 100 m Drop 0.4 m/km Separation 0.6 %  
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-2012-158-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

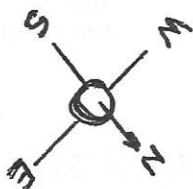
Bernard Conway - Athletics Canada/Run Canada National Certifier  
- IAAF/AIMS Grade A Measurer  
- USATF/RRTC Final Signatory

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

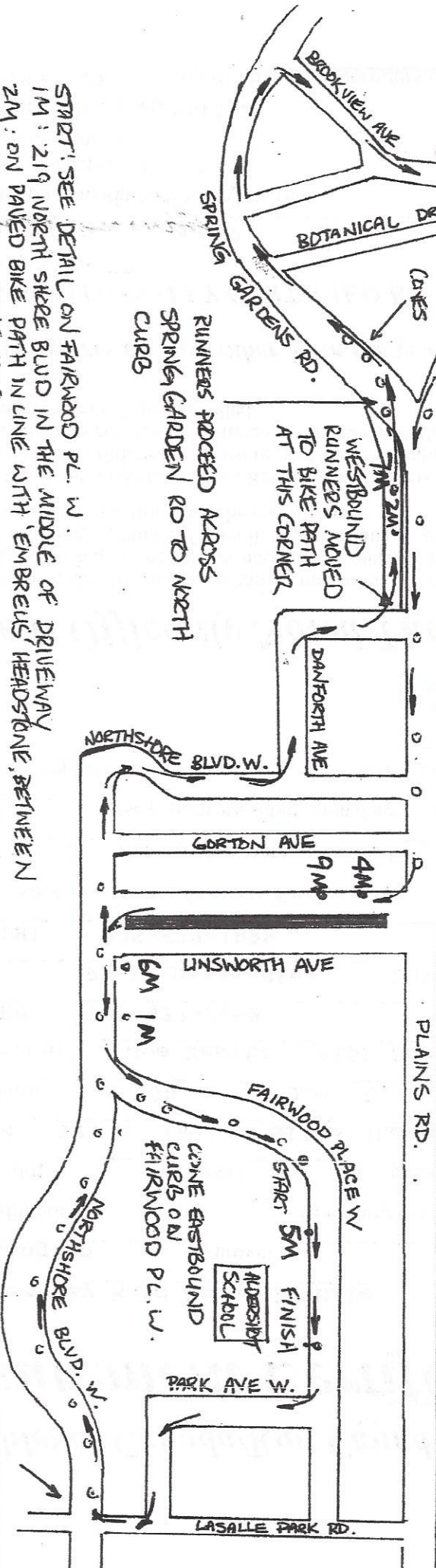
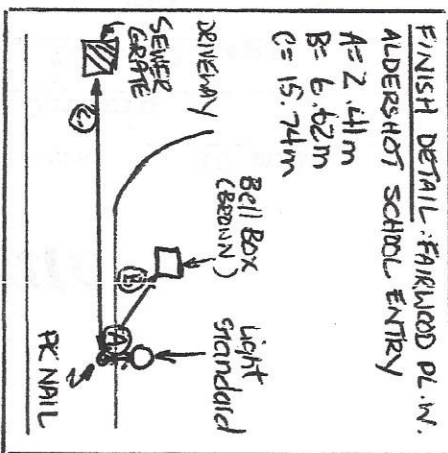
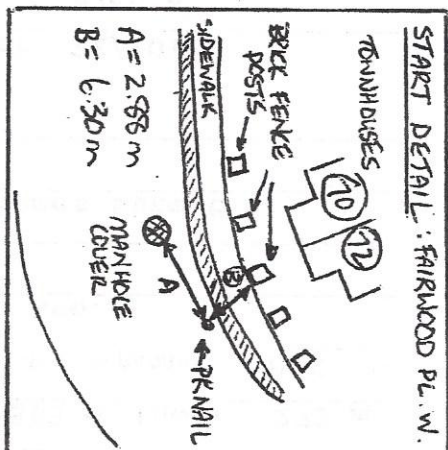
Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: [measurer@rogers.com](mailto:measurer@rogers.com)

**BURLINGTON ROAD RACES: 10 MILE**

2 Loops of the course



RUNNERS PROCEED EAST ON PLAINS RD. W. IN THE BIKE LANE, NEXT TO THE SOUTH CURB ALONG THE BIKE LANE TO UNSWORTH AVE.



STREET: SEE DETAIL ON FAIRWOOD PL. W.  
 1M: 219 NORTH SHORE BLVD IN THE MIDDLE OF DRIVEWAY  
 2M: ON PAVED BIKE PATH IN LINE WITH 'EM BREUS' HEADSTONE, BETWEEN CEMETERY DRIVEWAYS

3M: BOTANICAL DR. 9m south of stop sign at plains Rd. W.  
 4M: 962 UNSWORTH AVE. in line with front window to the right of the front door  
 5M: 64 FAIRWOOD PL. W., in line with the front door

6M: 231 NORTH SHORE BLVD. in the middle of the driveway  
 7M: ON PAVED BIKE PATH IN LINE WITH 'BUSDESIS' HEADSTONE, between cemetery driveways  
 8M: ON PLAINS RD. W. the first light standard east of Botanical Dr. (~35m)

9M: 974 UNSWORTH AVE in line with pole between 974 & 966 Unsworth Ave  
 10M: FINISH - see detail.

\* all mile points marked by a PK Nail. next to the curb or edge.

RUNNERS TURN ONTO NORTH SHORE BLVD INTO THE CONED NORTH OR WESTBOUND LANE

ON-2012-158-BDC

\* map not to scale