



Athletics Canada/Run Canada
Measurement Certificate

Name of the course La Classique Parc Lafontaine 5k Distance 5 km
Location (city) Montreal (province) Quebec
Type of course: road race calibration track Configuration: Loop
Type of surface: paved 100 % dirt % gravel % grass % track %
Elevation (meters above sea level) Start 46 m Finish 49 m Highest 52 m Lowest 38 m
Straight line distance between start & finish 438 m Drop -0.6 m/km Separation 8.8 %
Measured by (name, address, phone & e-mail) Christine Bush & Mark McGowan
1580 Surrey, Dorval, Québec, H9P 1W3 514-538-1222
Race contact (name, address & phone) Sylvie Girard 1505 Des Oeillets
Ste. Julie, Québec, J3E 1J3 450-922-0619
Measuring Methods: bicycle steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: Sept. 7/2013
Race date: Oct. 6/2013 Course paperwork submission date: Oct. 23/2013
Replaces: (if applicable) Certification code: QC-2012-139a-BDC

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

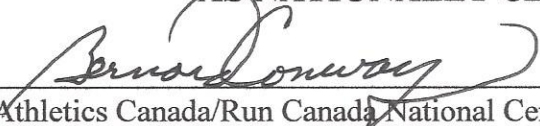
Be It Officially Noted That

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:

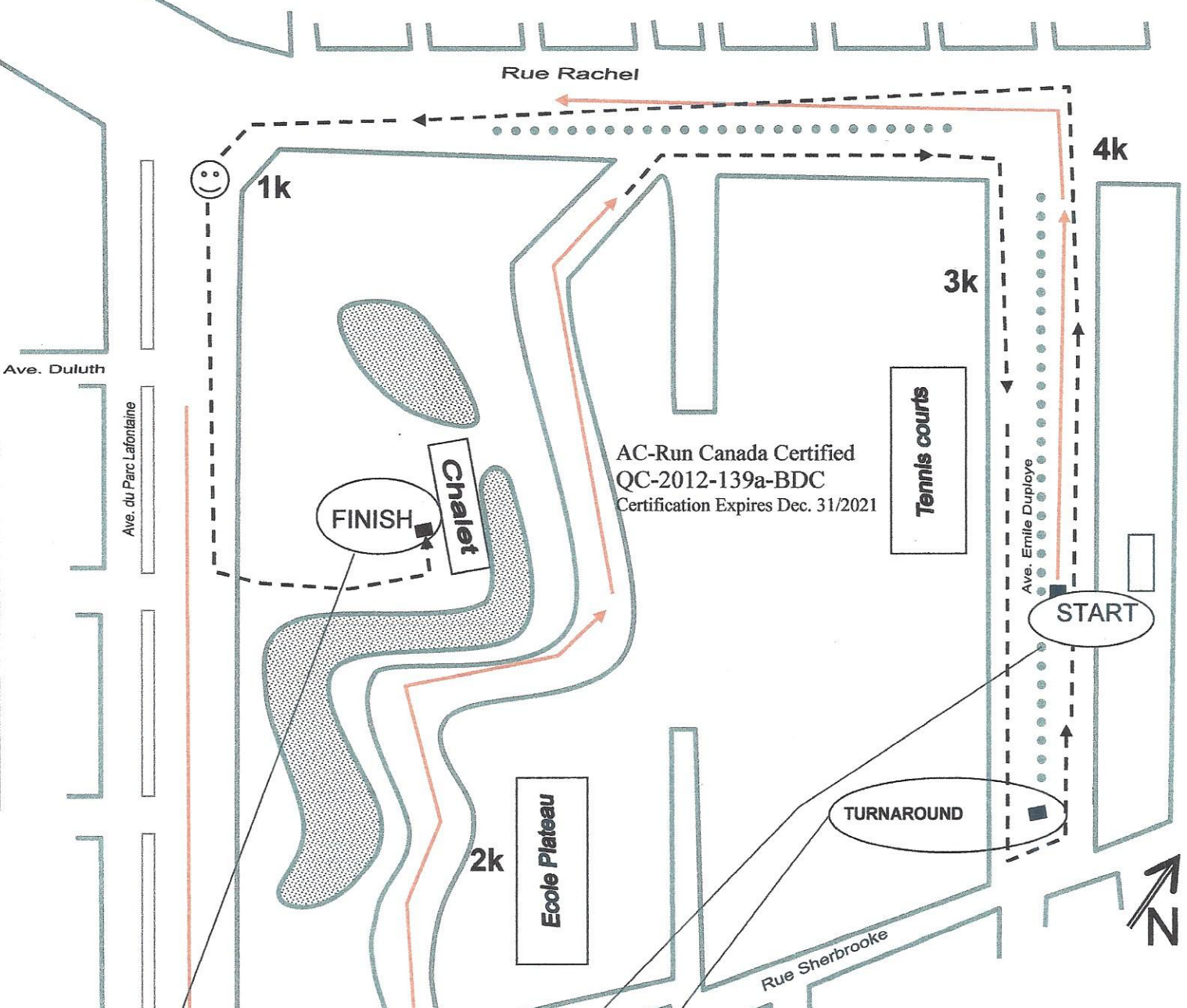
 Date: Nov. 2/2013
Bernard Conway - Athletics Canada/Run Canada National Certifier

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

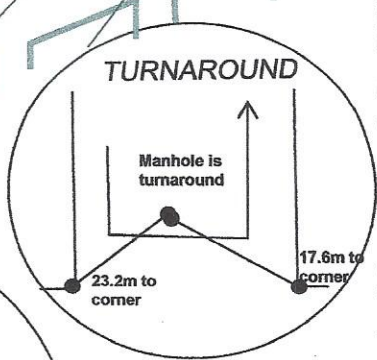
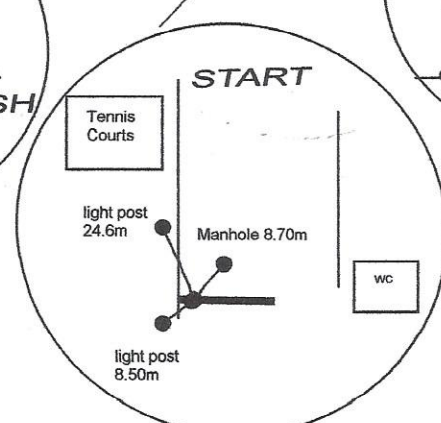
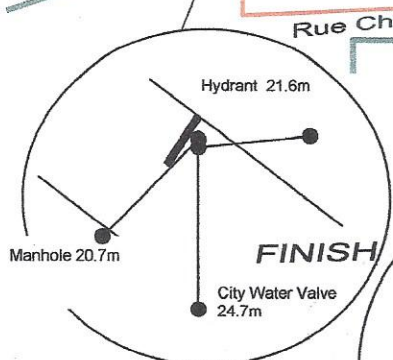
67 Southwood Crescent, London, Ontario, Canada, N6J 1S8

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

La Classique Parc Lafontaine 5k



AC-Run Canada Certified
 QC-2012-139a-BDC
 Certification Expires Dec. 31/2021



Notes:
 Modified by Mark McGowan & Michel Brochu, September 7, 2013


Measured by Mark McGowan & Christine Bush August 10, 2012

Course is run entirely on paved surface, Runners are to keep to right as indicated and in some sections restricted by cones

Start will have entire width of road and cones moved into place after runners clear area

This line indicates cones :

Following streets are closed to traffic:
 Ave. du Parc Lafontaine, Rue Cherrier, Ave. Emile Duploye & Rue Rachel

 Indicates volunteers to direct runners on last lap to move to left for finish.

List of km locations on separate page