



Athletics Canada/Run Canada Measurement Certificate

RECEIVED SEP 29 2004

Name of the course Poco Trails River Run Half Marathon Distance 21.0975 km
Location (City) Port Coquitlam (Province) British Columbia
Type of course: road race ☒ calibration ☐ track ☐ Configuration loop
Type of surface: paved 100 % dirt % gravel % grass % track %
Altitude (feet/metres above sea level) Start 5 Finish 5 Highest 10 Lowest 2
Straight line distance between start & finish 0 m Drop 0 m/km Separation 0 %
Measured by (name, address, & phone) Paul Adams #55 - 678 Citadel Drive Port Coquitlam, BC
V3C 6M7 (604)945-4604
Race Director (name, address, phone, email, web site) Kurt Zaporozan 1998 Bow Drive
Coquitlam, BC V3E 1Y3 (604)339-5404
Measuring methods: bicycle ☒ steel tape ☐ electronic distance meter ☐
Number of measurements of entire course: Two Date(s) when course measured: August 8 & 9, 2004
Race date: Course paperwork postmark date: Sept. 22, 2004
Certification code: BC-2004-083-BDC
Places (if applicable)

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

Be It Officially Noted That

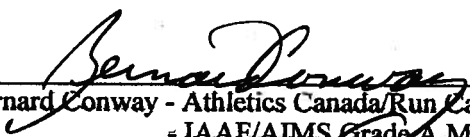
Based on examination of data provided by the above named measurer, the course described above and in the map attached is hereby certified as reasonably accurate in measurement according to the standards adopted by Athletics Canada/Run Canada. If *any* changes are made to the course, this certification 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 measurer recommended by Athletics Canada/Run Canada. If such a remeasurement shows the course to be short, then all pending records will be rejected and the course certification will be canceled.

Automatic Expiration — This certification automatically expires ten years after date of issue.

This Certification expires on December 31 in the year **2014**

AS NATIONALLY CERTIFIED BY:

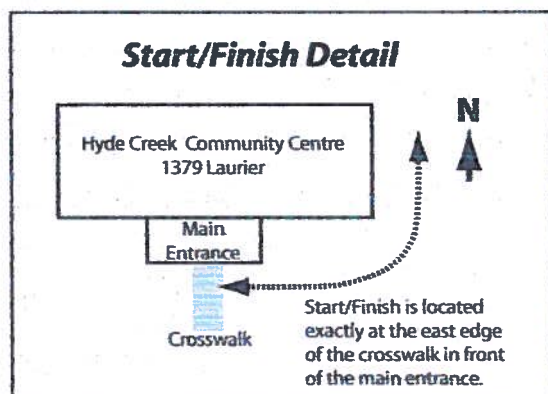
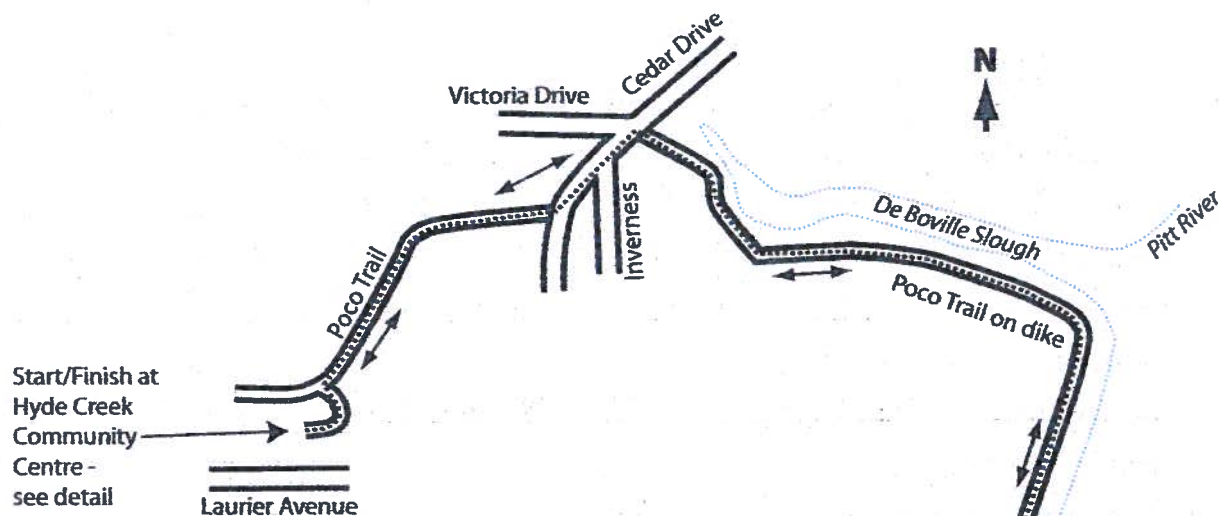

Bernard Conway - Athletics Canada/Run Canada National Certifier
- IAAF/AIMS Grade A Measurer
- USATF/RRTC Final Signatory

Date: Sept. 23, 2004

7 Southwood Cres., London, Ontario, Canada, N6J 1S8

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

Poco Trails River Run - Half Marathon
Port Coquitlam BC
Athletics Canada Certified BC-2004-083-BDC
Measured by: Paul Adams, AIMS/IAAF Grade "A" Measurer



Notes:

1. The route must be laid out exactly as indicated on this map for the certification to be valid.
2. The route passes behind the Hyde Creek Rec Centre and onto the Poco Trail. The Poco Trail is followed all the way to Cedar Drive where it follows the road to the Poco Trail opposite Victoria Drive. The Poco Trail is followed all the way to the turnaround. The return follows exactly the same route except it goes onto the road at Kingsway and onto the Maryhill bypass to avoid a congested area near the tracks.
3. On Maryhill Bypass runners are restricted to the south-east sidewalk.

