



Athletics Canada/Run Canada
Measurement Certificate

Name of the course James Cunningham Seawall Race Distance 9.5 km
Location (City) Vancouver (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 13 Finish 6 Highest 17 Lowest 2
Straight line distance between start & finish 150 m Drop 0.74 Separation 1.6 %
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) Roger Brownsey 6568 Balsam, Vancouver, BC
V6P 5W7 (604)839-7889
Measuring methods: bicycle ☒ steel tape ☐ electronic distance meter ☐
Number of measurements of entire course: Two Date(s) when course measured: Oct. 18, 2005
Race date: Course paperwork postmark date: Oct. 22, 2005
Certification code: BC-2005-082-BDC
Replaces (if applicable)

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

Be It Officially Noted That

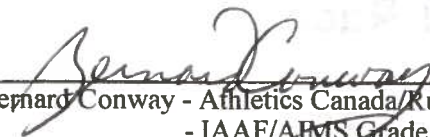
Based on examination of data provided by the above named measurer, the course described above and in the map attached is hereby certified as reasonably accurate in measurement according to the standards adopted by Athletics Canada/Run Canada. If *any* changes are made to the course, this certification 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 **2015**

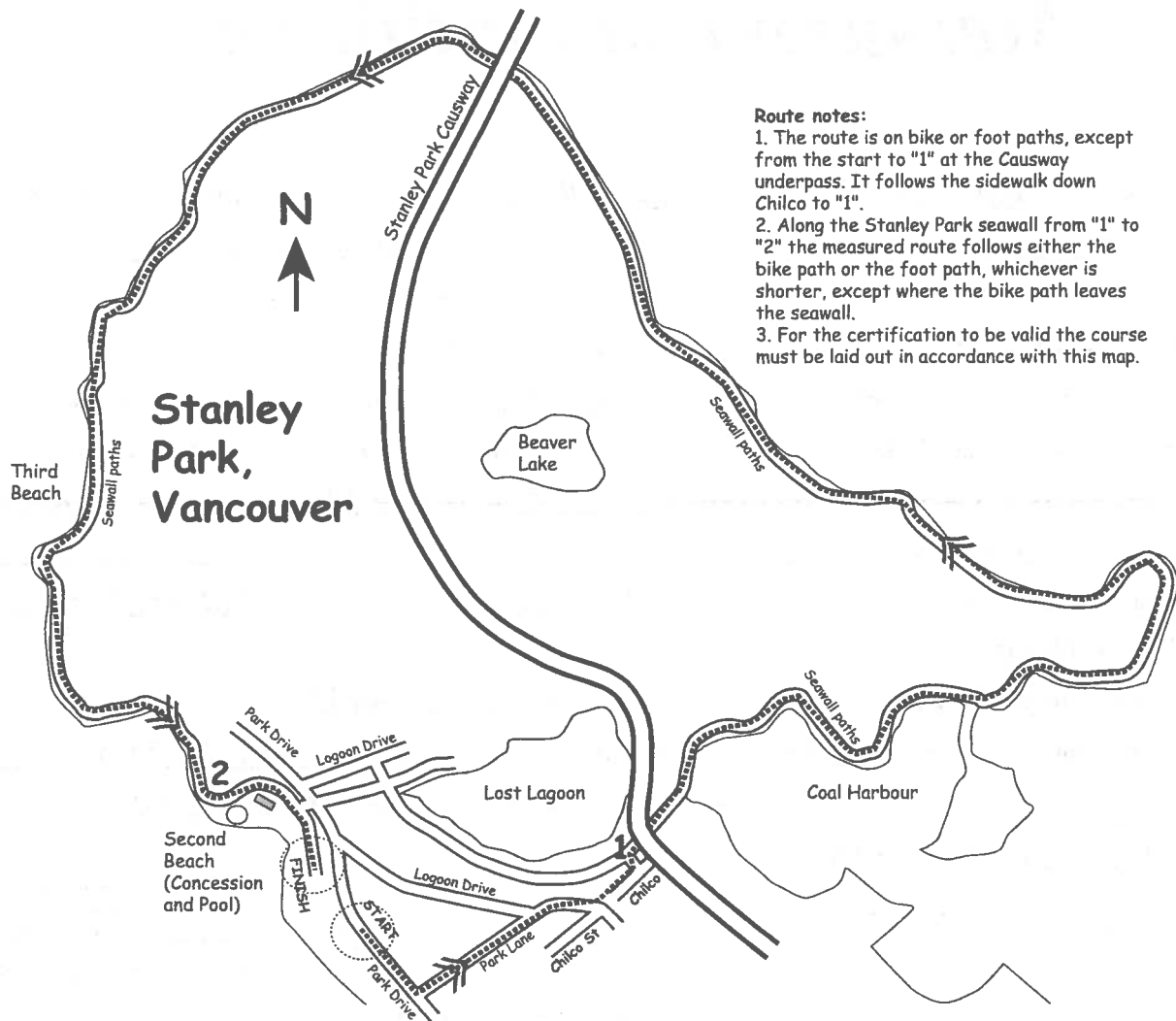
AS NATIONALLY CERTIFIED BY:


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

Date: Oct. 23, 2005

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

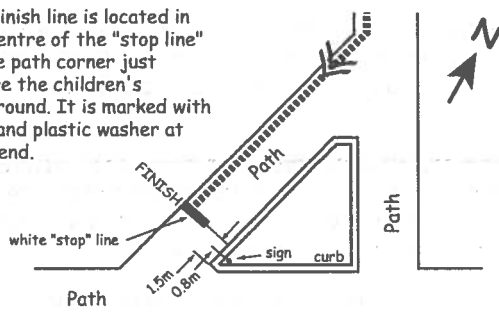
Phone: 519-641-6889 (H) Fax: 519-641-6889 (by prior arrangement) E-mail: measurer@rogers.com



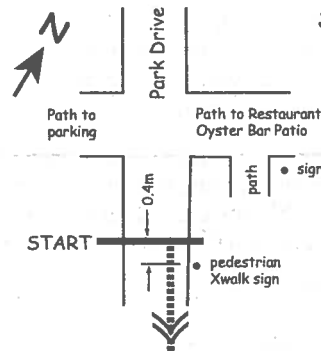
Route notes:

1. The route is on bike or foot paths, except from the start to "1" at the Causway underpass. It follows the sidewalk down Chilco to "1".
2. Along the Stanley Park seawall from "1" to "2" the measured route follows either the bike path or the foot path, whichever is shorter, except where the bike path leaves the seawall.
3. For the certification to be valid the course must be laid out in accordance with this map.

The finish line is located in the centre of the "stop line" at the path corner just before the children's playground. It is marked with nails and plastic washer at each end.



Finish Detail



Start Detail

The start is located 0.4 m north of the pedestrian cross walk sign on Park Drive just north of the pathway from the parking area to the Oyster Bar Patio Restaurant. It is marked with two nails and plastic washers.

James Cunningham Seawall Race **9.5 km**

October 30, 2005 - Vancouver BC

Run Canada Certified # BC-2005-081-BDC