



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

Name of the course Run the Ridge Distance 5 km  
Location (City) Maple Ridge (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 40 m Finish 40 m Highest 40 m Lowest 20 m  
Straight line distance between start & finish 390 m Drop 0 m/km Separation 7 %  
Measured by (name, address, & phone) Paul Adams #55 - 678 Citadel Drive, Port Coquitlam, B.C.  
V3C 6 M7 604-945-4604  
Race Director (name, address, phone, email, web site) Greg Clark 22996 - 124B Ave.,  
Maple Ridge, B.C., V2X 0X2 604-463-3544  
Measuring methods: bicycle ☒ steel tape ☐ electronic distance meter ☐  
Number of measurements of entire course: Two Date(s) when course measured: Feb. 13, 2007  
Race date:      Course paperwork postmark date: Mar. 2, 2007  
Certification code: BC-2007-007-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 **2016**

**AS NATIONALLY CERTIFIED BY:**

Date: March 2, 2007

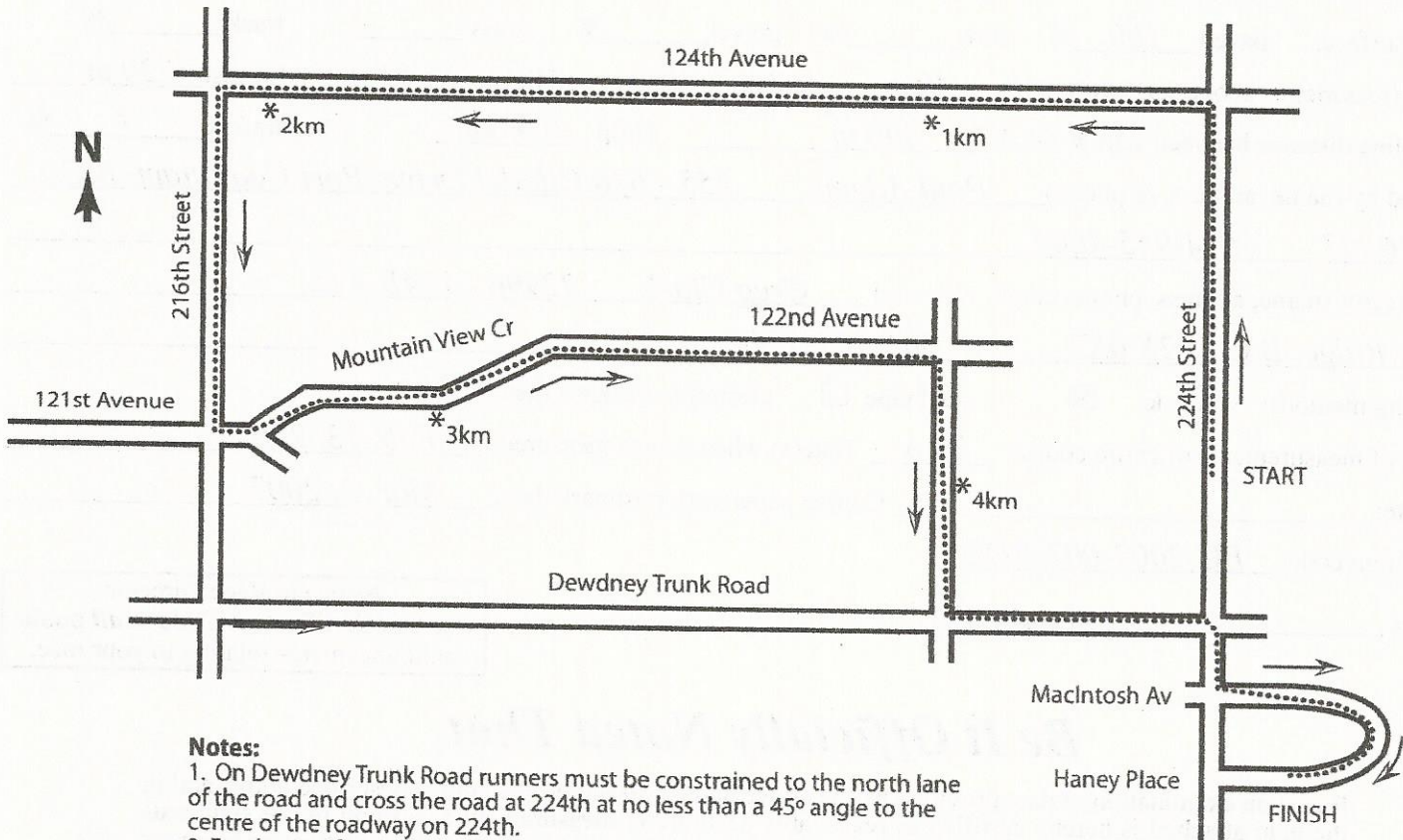
Bernard Conway - Athletics Canada/Run Canada National Certifier  
- IAAF/AIMS Grade A Measurer  
- USATF/RRTC Final Signatory

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

# Run the Ridge 5km Maple Ridge, BC

Athletics Canada Certified #BC-2007-007-BDC



## Notes:

1. On Dewdney Trunk Road runners must be constrained to the north lane of the road and cross the road at 224th at no less than a 45° angle to the centre of the roadway on 224th.
3. For the certification to be valid the course must be laid out in accordance with this map.
4. The start/finish area is not drawn to scale.

