



Athletics Canada/Run Canada  
**Measurement Certificate**

Name of the course Springahead 5 km Distance 5 km  
Location (City) Mission (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 143 m Finish 143 m Highest 163 m Lowest 134 m  
Straight line distance between start & finish 22 m Drop 0 m/km Separation 0.4 %  
Measured by (name, address, & phone) Kevin Melanson 32926 4<sup>th</sup> Ave., Mission, B.C., V2V 1S1  
604-556-8741  
Race Director (name, address, phone, email, web site) Chris Race 7647 Hurd St., Mission, B.C.  
V2V 3J3 604-814-2278  
Measuring methods: bicycle ☒ steel tape ☐ electronic distance meter ☐  
Number of measurements of entire course: two Date(s) when course measured: Feb. 21, 2007  
Race date: April 1, 2007 Course paperwork postmark date: March 14, 2007  
Certification code: BC-2007-008-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**

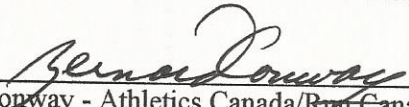
Based on examination of data provided by the above named measurer, the course described above and in the map attached is hereby certified as reasonably accurate in measurement according to the standards adopted by Athletics Canada/Run Canada. If *any* changes are made to the course, this certification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

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

Date: March 15, 2007

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

Phone: 519-641-6889 (H)

Fax: 519-641-6889

E-mail: [measurer@rogers.com](mailto:measurer@rogers.com)

Dewdney Trunk Road

Barr St

Ferndale Ave

Vernon Ave

Tunbridge Ave

Ihles Ave

Cade Barr St

Harms St

Dewdney Trunk Road

Stave Lake St

## Spring Ahead 5K

Mission, BC

Measured by Kevin McLanson  
21 February 2007

### Measured Points

**Start** - South edge of the parking line immediately north of the Municipal Hall Southeast entrance door.  
Marked with a nail and washer.

**Finish** - 8M north of the south edge of the 5th parking line counting from the north entrance of the parking lot.  
Marked with nail and washer.

**Turn to Finishline** - 5M from the arched curb at the south east corner of the Municipal Hall parking lot. Marked with a nail and washer.

### Splits - Marked with Orange Paint

- 1 Km - Large "rock" across from 9140 Stave Lake St
- 1 Mile - 2M east of driveway at 33759 Ferndale Ave
- 2 Km - 8M east of driveway at 33569 Ferndale Ave
- 3 Km - 10M north of driveway at 8944 Dewdney Trunk Rd
- 4 Km - directly in front of Northside Community Church

Parking Lot

Mission  
Municipal Hall

Start

Finish

Fencing/Cones

5 M

\* Uncurbed corners to be  
coned to keep runners  
on paved surface.

Stave Lake St

Not to  
Scale



BC-2007-008-BDC