



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Cedar 12 km Distance 12 km  
Location (city) Nanaimo (province) British Columbia  
Type of course: road race ☒ calibration track Configuration: Out/Back  
Type of surface: paved 97 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass 3 % track \_\_\_\_\_ %  
Elevation (meters above sea level) Start 45 m Finish 48 m Highest 50 m Lowest 21 m  
Straight line distance between start & finish 200 m Drop -0.25 m/km Separation 1.7 %  
Measured by (name, address, phone & e-mail) Paul Adams #55 - 678 Citadel Drive,  
Port Coquitlam, BC, V3C 6M7 604-945-4604  
Race contact (name, address & phone) Ross Palfry P.O. Box 2004, Nanaimo, BC,  
V9R 6X5 250-758-9242  
Measuring Methods: bicycle ☒ steel tape electronic distance meter  
Number of measurements of entire course: two Date(s) when course measured: July 26, 2007  
Race date: \_\_\_\_\_ Course paperwork submission date: July 31, 2007  
Replaces: \_\_\_\_\_ (if applicable) Certification code: BC-2007-063-BDC

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

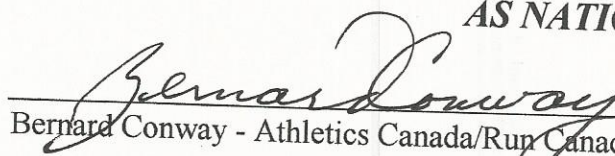
## Be It Officially Noted That

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 2017*

AS NATIONALLY CERTIFIED BY:

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

Date: Aug. 5, 2007

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# Cedar 12km - Nanaimo, BC

## Bastion Runners

Athletics Canada Certified: BC-2007-063 -BDC

