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Athletics Canada/Run Canada Measurement Certificate

Name of the course	Ceda	ır 12 km		Digtonoo	10.
Location (city)	Nanaimo	(province	e) p	Distance _	12 km
Type of course: road race	X calibration	track	Conformi	TICISM COL	.umbia
Type of surface: paved Elevation (meters above sea	97 % dirt	% gravel	Configuration:	Ou	t/Back
Elevation (meters above sea Straight line distance between	level) Start 45 m	Finish 40	% grass	% tr	ack%
Straight line distance betwee Measured by (name, address	n start & finish 2	00 m	III Highest		Lowest 21 m
Measured by (name, address,	phone & e-mail) Paul	Adame	#FF 650	m/km Sepa	ration
Port Coquitlam, E	BC, V3C 6M7	604-045	#55 - 678	Citadel D	rive,
Race contact (name, address V9R 6X5 250	& phone) Ross Palf	ry P.O.	Box 2004,	Nanaimo,	BC,
Measuring Methods: bicyc	le X steel tape	electronic dis	tance meter		
Number of measurements of Race date:	entire course: <u>two</u> Da	ate(s) when course	measured:	July 26	5. 2007
	Course	paperwork subm	ission date:	T11] 21	000=
Replaces:	(if applicable)		Certification	n code: BC-2	:007-063-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.

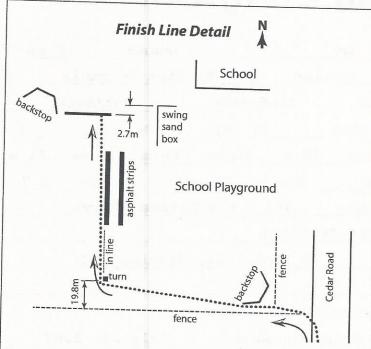
This certification expires on December 31 in the year 2017

the year state of the search o	2017	
AS NATIONALLY CERTIFIED BY: Sernard Conway - Athletics Canada/Run Canada National Certifier - IAAF/AIMS Grade & Measurer - USATF/RRTC Final Signatory	_ Date: _	Aug. 5, 2007
67 Courtles 1 C		

67 Southwood Crescent, London, Ontario, Canada, N6J 1S8

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

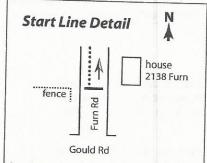
Cedar 12km - Nanaimo, BC **Bastion Runners** Athletics Canada Certified: BC-2007-063 -BDC



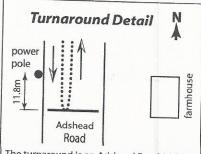
The route comes from Cedar Road on a short trail through a fence and to the left of a baseball backstop. From the backstop it goes straight to the turn, located in line with the west asphalt strip and 19.8m north of the fence. From the turn it is straight to the finish located on the west side of the asphalt strips in line with the southeast corner of the and a point 2.7m south of the north edge of the swing sand pit.

Haslam Rd

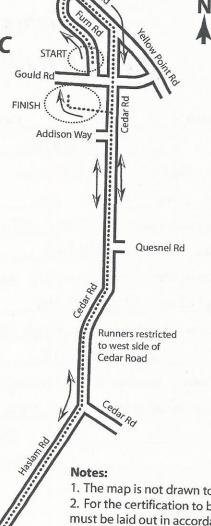
Adshead Rd



Start line is on Furn Road, just north of Gould Road. It is opposite the house at 2138 Furn Road and in line with the fence opposite. A yellow survey disk, marked "PA-252" is nailed to the pavement and the line is painted.



The turnaround is on Adshead Road 11.8m south of the powerpole labeled "0437 5433 16319" & "726 341 84".



1. The map is not drawn to scale.

2. For the certification to be valid the route must be laid out in accordance with this map.

3. Runners must be restricted to the west side of Cedar Road.

4. On Haslam and Adshead the shortest route was measured assuming full use of the roadway, but it is an out and back section so to avoid conflict runners should use the right side only.

5. Map and certification by: Paul Adams, AIMS/IAAF Grade "A" Measurer.