



Athletics Canada/Run Canada Measurement Certificate

Name of the course Starting Block 10K Run Distance 10 km
Location (city) Coldstream (province) British Columbia
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Loop
Type of surface: paved 100 % dirt % gravel % grass % track %
Elevation (meters above sea level) Start 536 m Finish 536 m Highest 549 m Lowest 529 m
Straight line distance between start & finish 140 m Drop 0 m/km Separation 1.4 %
Measured by (name, address, phone & e-mail) Gerry Naito 2406-14th St., Vernon, BC
V1T 8K5 250-558-9842 gnaito@junction.net
Race contact (name, address & phone) Gerry Naito 2406-14th St., Vernon, BC
V1T 8K5 250-558-9842 gnaito@junction.net
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐
Number of measurements of entire course: two Date(s) when course measured: Oct. 21, 2007
Race date: Course paperwork submission date: Dec. 8, 2007
Replaces: (if applicable) Certification code: BC-2007-116-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
Bernard Conway - Athletics Canada/Run Canada National Certifier

Date: Dec. 12, 2007

- IAAF/AIMS Grade A Measurer
- USATF/RRTC Final Signatory

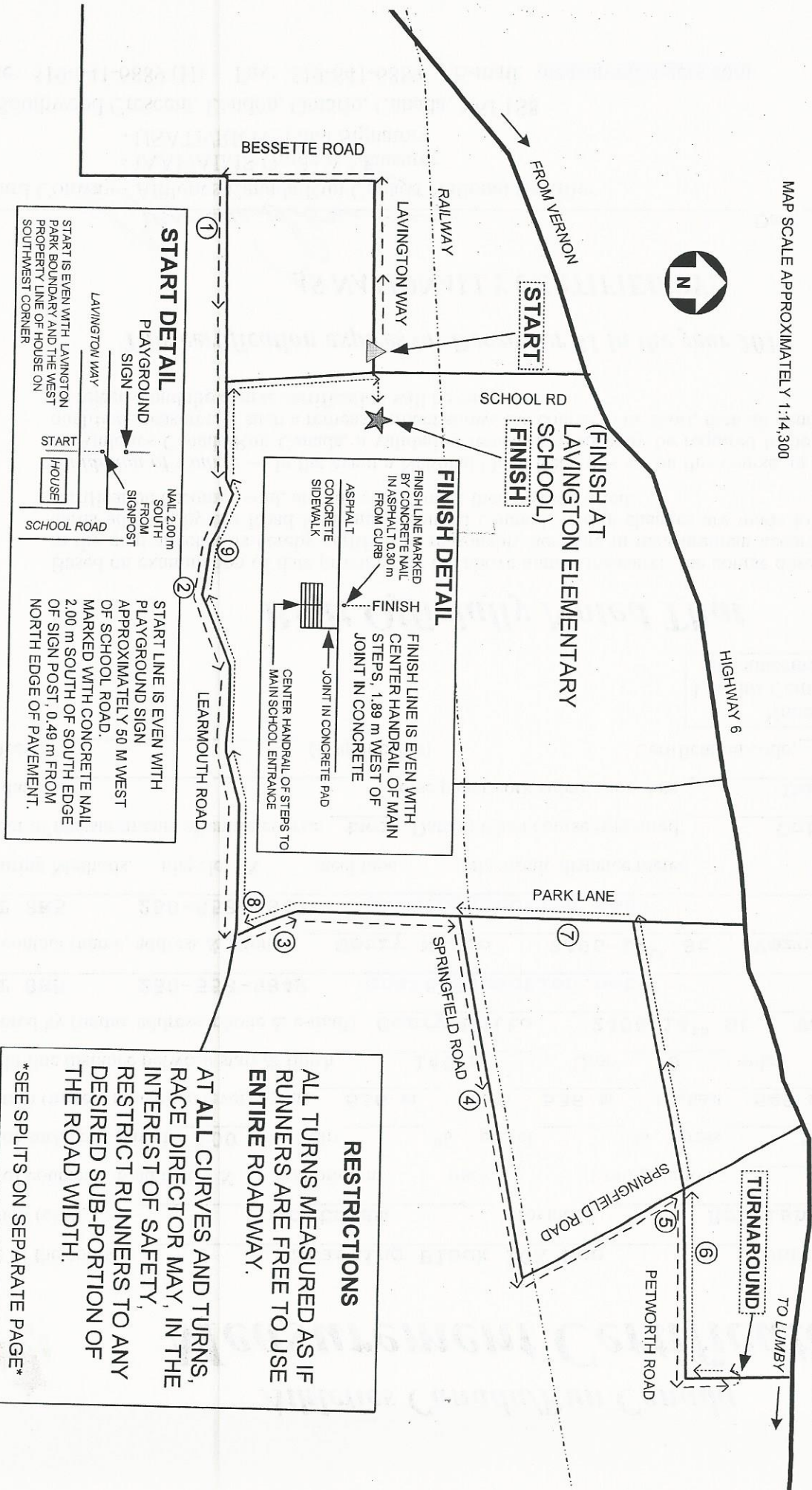
67 Southwood Crescent, London, Ontario, Canada, N6J 1S8

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

STARTING BLOCK 10K RUN COURSE MAP

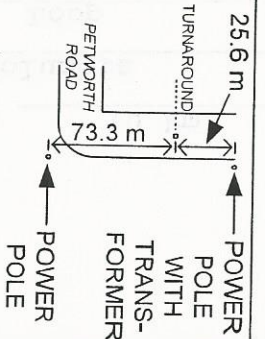
---> OUT
> BACK
 ⑦ KM MARKER

MAP SCALE APPROXIMATELY 1:14,300



TURNAROUND DETAIL

TURNAROUND IS 25.6 M SOUTH FROM POWER POLE WITH TRANSFORMER, 73.3 M NORTH OF POWER POLE AT CORNER
 TURNAROUND IS MARKED BY 3 CONCRETE NAILS:
 25 cm FROM EAST EDGE OF PAVEMENT
 40 CM FROM EAST EDGE OF PAVEMENT
 HALFWAY BETWEEN OTHER TWO NAILS



FINISH DETAIL

FINISH LINE MARKED BY CONCRETE NAIL IN ASPHALT 0.30 m FROM CURB
 FINISH LINE IS EVEN WITH CENTER HANDRAIL OF MAIN STEPS, 1.89 m WEST OF JOINT IN CONCRETE
 ASPHALT CONCRETE SIDEWALK
 JOINT IN CONCRETE PAD
 CENTER HANDRAIL OF STEPS TO MAIN SCHOOL ENTRANCE

START DETAIL

PLAYGROUND SIGN FROM SIGNPOST
 MAIL 2.00 m SOUTH FROM SIGNPOST
 START IS EVEN WITH LAVINGTON PARK BOUNDARY AND THE WEST PROPERTY LINE OF HOUSE ON SOUTHWEST CORNER
 LAVINGTON WAY
 SCHOOL ROAD
 HOUSE

RESTRICTIONS

ALL TURNS MEASURED AS IF RUNNERS ARE FREE TO USE ENTIRE ROADWAY.

AT ALL CURVES AND TURNS, RACE DIRECTOR MAY, IN THE INTEREST OF SAFETY, RESTRICT RUNNERS TO ANY DESIRED SUB-PORTION OF THE ROAD WIDTH.

SEE SPLITS ON SEPARATE PAGE