



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Mother's Day 5K Spring Classic Distance 5 km  
Location (city) Port Moody (province) British Columbia  
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Out/back  
Type of surface: paved 96 % dirt      % gravel      % grass 4 % track      %  
Elevation (meters above sea level) Start 10 m Finish 10 m Highest 15 m Lowest 10 m  
Straight line distance between start & finish 100 m Drop 0 m/km Separation 2 %  
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) Jim Thomson 9919 Rathburn Drive, Burnaby,  
BC, V3J 7J5 604-421-5394  
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐  
Number of measurements of entire course: 2 Date(s) when course measured: April 22, 2008  
Race date:                      Course paperwork submission date: May 2, 2008  
Replaces:                      (if applicable) Certification code: BC-2008-015-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 2018*

AS NATIONALLY CERTIFIED BY:

Bernard Conway Date: May 3, 2008  
Bernard Conway - Athletics Canada/Run Canada National Certifier  
- IAAF/AIMS Grade A Measurer  
- USATF/RRTC Final Signatory  
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