



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Family YMCA of Prince George 10 km RR Distance 10 km  
Location (city) Prince George (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 581 m Finish 581 m Highest 595 m Lowest 581 m  
Straight line distance between start & finish 0 m Drop 0 m/km Separation 0 %  
Measured by (name, address, phone & e-mail) Dick Voneugen 5609 Lehman St.  
Prince George, BC, V2K 1T8 250-962-7672  
Race contact (name, address & phone) Family YMCA  
Prince George, BC 250-562-9341  
Measuring Methods: bicycle ☒ steel tape electronic distance meter  
Number of measurements of entire course: 2 Date(s) when course measured: Sept. 19, 2008  
Race date: \_\_\_\_\_ Course paperwork submission date: April 27, 2009  
Replaces: \_\_\_\_\_ (if applicable) Certification code: ON-2008-103-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 2019*

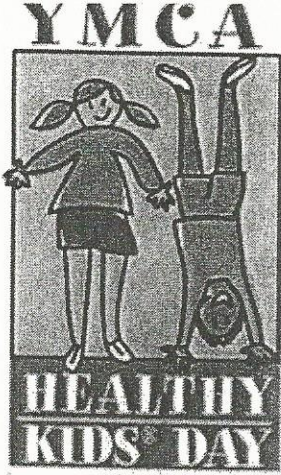
**AS NATIONALLY CERTIFIED BY:**

Bernard Conway Date: April 27, 2009  
Bernard Conway — Athletics Canada/Run Canada National Certifier

- 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](mailto:measurer@rogers.com)



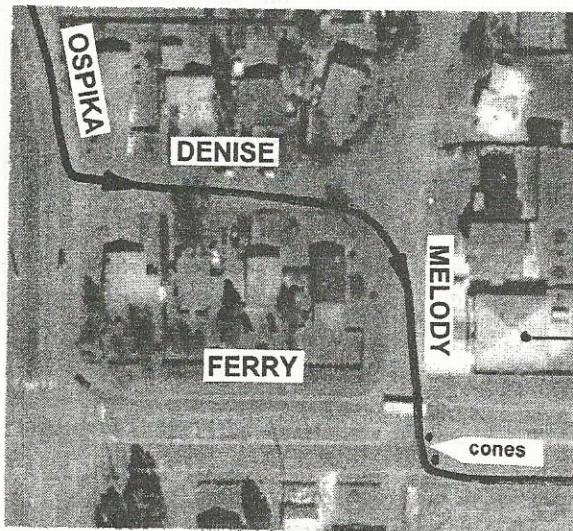
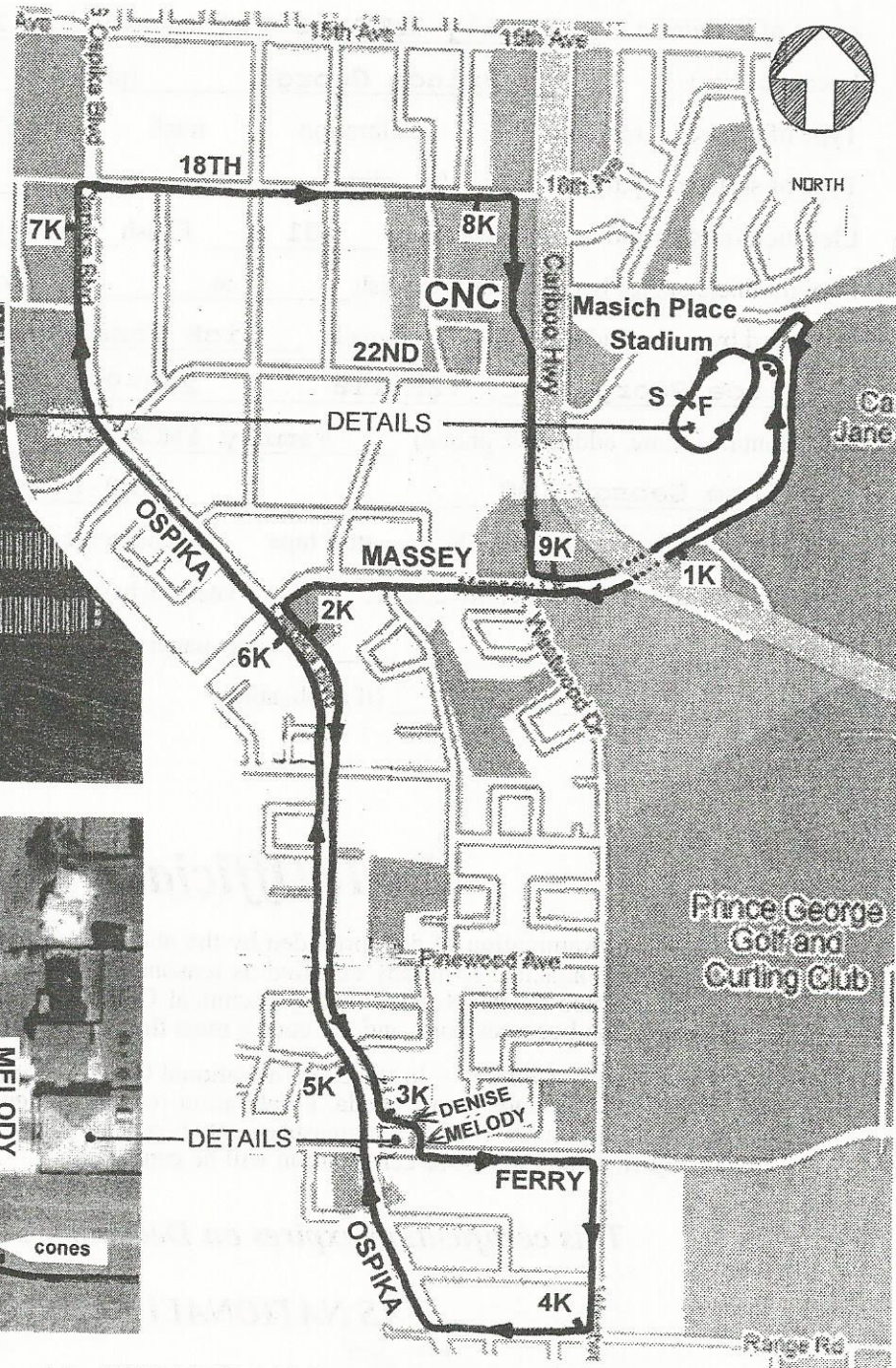
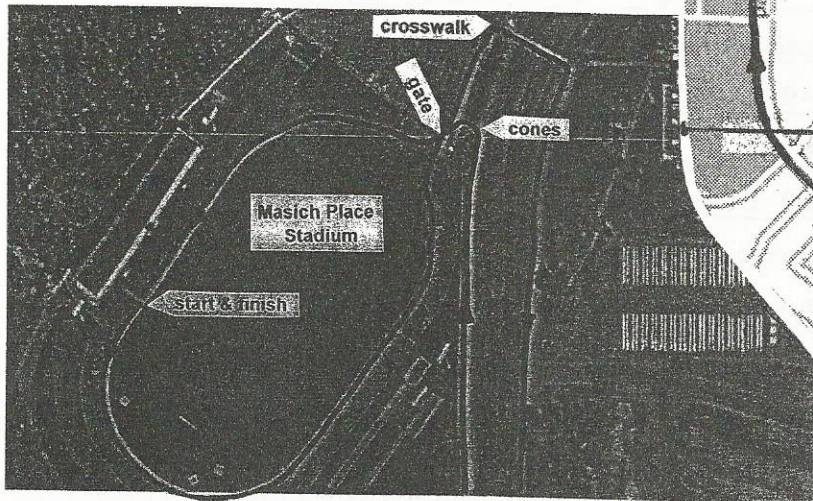


# Family YMCA of Prince George

We build strong kids,  
strong families, strong communities.

BC-2008-103-BDC

## 10 KM ROAD RACE



**START & FINISH** are at the regular location at the **MASICH PLACE STADIUM**. The course leaves the track through the NE gate and parking area and crosses **MASSEY** at **GRIFFITH** at the crosswalk. From there the course is laid out mainly to run against the traffic, on the **LEFT-HAND** side of the road, within 1m of the curb. With the exceptions of: **DENISE** and **MELODY** which are crossed diagonally. After crossing **FERRY** at right angles, continue on the **RIGHT-HAND** side of the road on **FERRY**, **WESTWOOD** and **RANGE**. Cross **OSPIKA** at the crosswalk and continue on the **LEFT-HAND** side to 18th, turn right at that intersection using the crosswalk. Continue on 18th on the **RIGHT-HAND** side. Turn right onto the walkway in front of the College (**CNC**). Cross 22nd at right angles and follow **WESTWOOD** to **MASSEY** on the **LEFT-HAND** side. Turn left on **MASSEY** to the **STADIUM**. Enter through the same gate the race started with and follow the track in a counter clock-wise direction to the **FINISH/START** line.