



Athletics Canada/Run Canada Measurement Certificate

Name of the course Harry's Spring Run-Off 8k Distance 8 km
Location (city) Vancouver (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 6 m Finish 1 m Highest 12 m Lowest 1 m
Straight line distance between start & finish 125 m Drop 0.6 m/km Separation 1.6 %
Measured by (name, address, phone & e-mail) Clifton Cunningham 176-1917 W 4th Ave.
Vancouver, BC, V6J 1M7 778-786-3116
Race contact (name, address & phone) Clifton Cunningham 176-1917 W 4th Ave.
Vancouver, BC, V6J 1M7 778-786-3116
Measuring Methods: bicycle ☒ steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: Mar. 1, 2009
Race date: Mar. 8, 2009 Course paperwork submission date: Mar. 2, 2009
Replaces: _____ (if applicable) Certification code: BC-2009-015-BDC

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

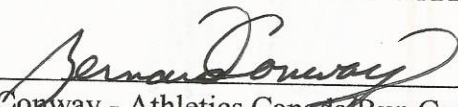
Be It Officially Noted That

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 - Athletics Canada/Run Canada National Certifier

Date: Mar. 24, 2009

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

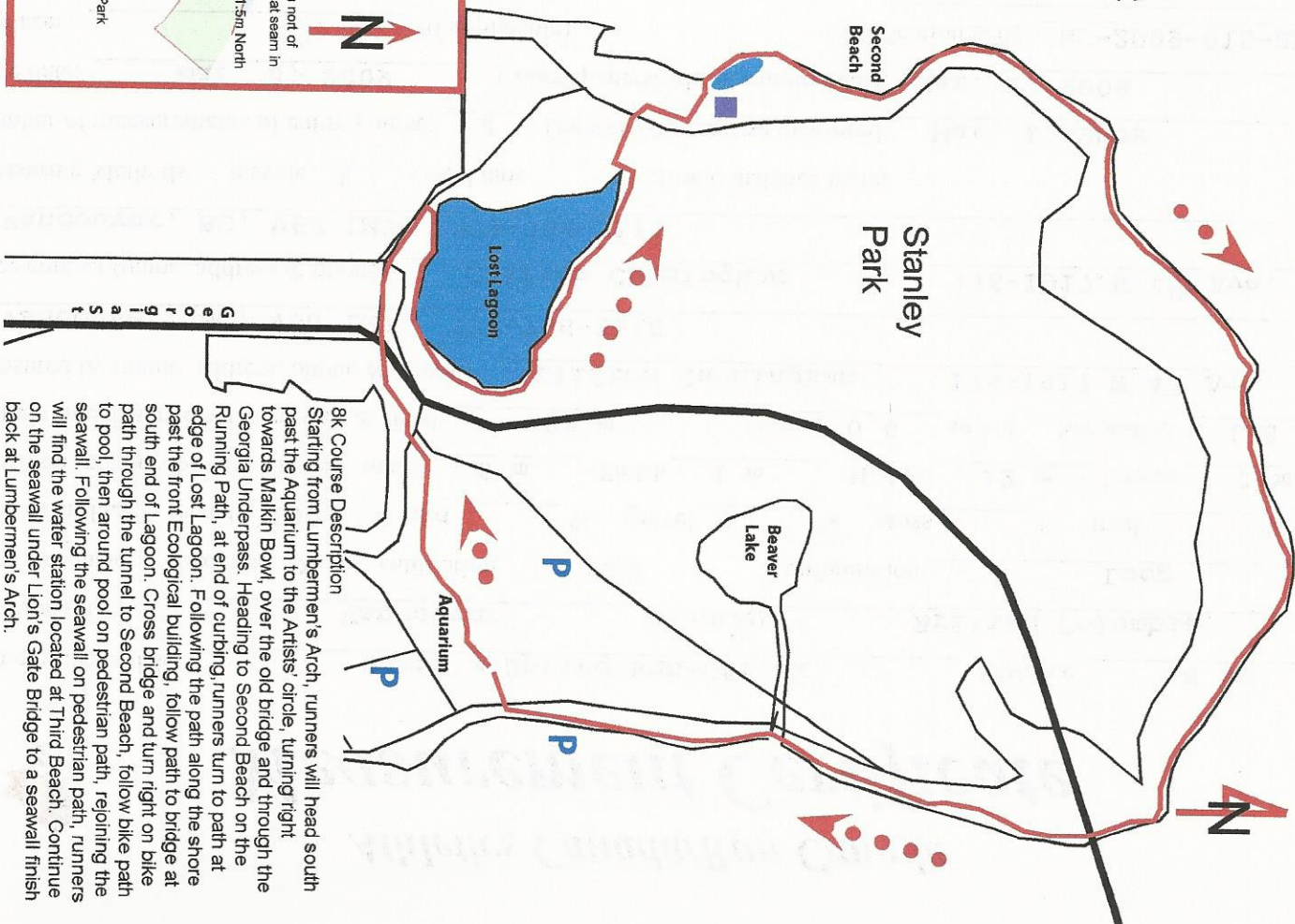
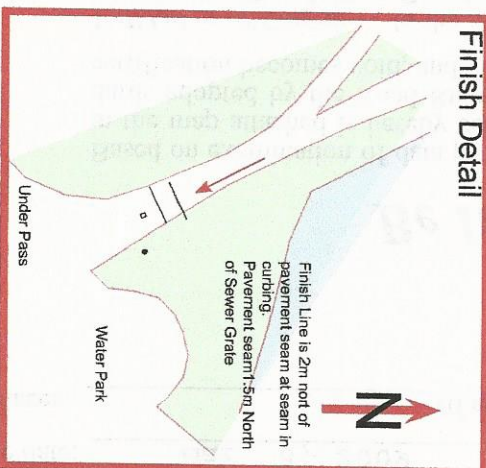
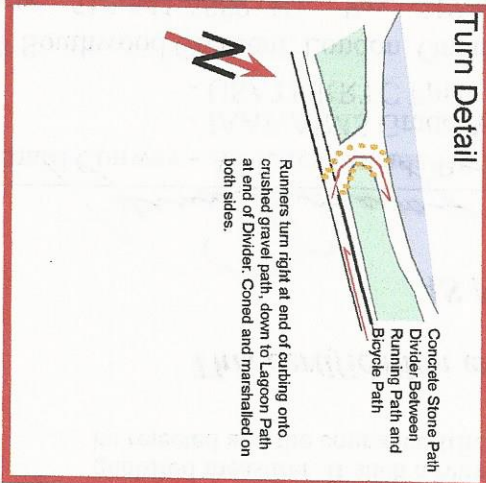
67 Southwood Crescent, London, Ontario, Canada, N6J 1S8

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

Athletic Canada - Certification:

BC-2009-015-BDC

1. Runners are restricted to the running portion of the paths on the seawall.
2. The route must be laid out in accordance with this map for the certification to be valid.
3. Measurement by: Clifton Cunningham



8K Course Description
Starting from Lumbermen's Arch, runners will head south past the Aquarium to the Artists' circle, turning right towards Walkin' Bowl, over the old bridge and through the Georgia Underpass. Heading to Second Beach on the Running Path, at end of curbing, runners turn to path at edge of Lost Lagoon. Following the path along the shore past the front Ecological building, follow path to bridge at south end of Lagoon. Cross bridge and turn right on bike path through the tunnel to Second Beach, follow bike path to pool, then around pool on pedestrian path, rejoining the seawall. Following the seawall on pedestrian path, runners will find the water station located at Third Beach. Continue on the seawall under Lion's Gate Bridge to a seawall finish back at Lumbermen's Arch.