



Athletics Canada/Run Canada Measurement Certificate

Name of the course Wannock Lake 10k Distance 10 km
Location (city) Maple Ridge (province) BC
Type of course: road race ☒ calibration track Configuration: Out/Back 2 times
Type of surface: paved 80 % dirt % gravel 15 % grass 5 % track %
Elevation (meters above sea level) Start 172 m Finish 172 m Highest 198 m Lowest 150 m
Straight line distance between start & finish 28 m Drop 0 m/km Separation 0.28 %
Measured by (name, address, phone & e-mail) Clifton Cunningham 704 - 39 Sixth Street
New Westminster, BC, V3L 0B3 778-786-3116
Race contact (name, address & phone) Dean Stanton-Tri Events #212 - 170 W 4th St.
North Vancouver, BC, V7M 1H5 604-879-8433
Measuring Methods: bicycle ☒ steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: May 30, 2009
Race date: Course paperwork submission date: June 3, 2009
Replaces: (if applicable) Certification code: BC-2009-055-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
Bernard Conway - Athletics Canada/Run Canada National Certifier
- IAAF/AIMS Grade A Measurer
- USATF/RRTC Final Signatory

Date: June 9, 2009

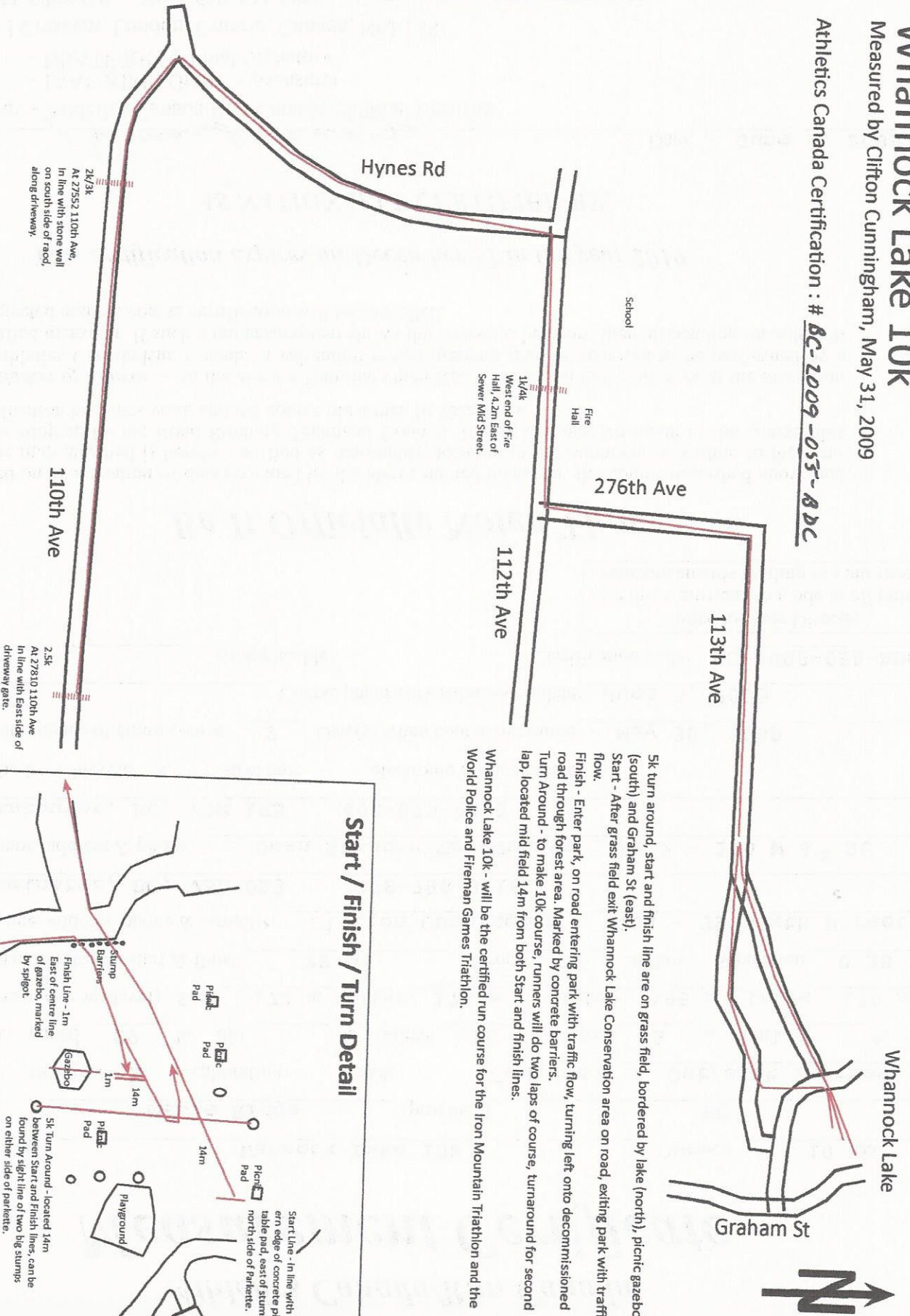
67 Southwood Crescent, London, Ontario, Canada, N6J 1S8

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

Whannock Lake 10k

Measured by Clifton Cunningham, May 31, 2009

Athletics Canada Certification : # BC-2009-035-ABC



5k turn around, start and finish line are on grass field, bordered by lake (north), picnic gazebo (south) and Graham St (east).
 Start - After grass field exit Whannock Lake Conservation area on road, exiting park with traffic flow.
 Finish - Enter park, on road entering park with traffic flow, turning left onto decommissioned road through forest area. Marked by concrete barriers.
 Turn Around - To make 10k course, runners will do two laps of course, turnaround for second lap, located mid field 14m from both Start and Finish lines.
 Whannock Lake 10k - will be the certified run course for the Iron Mountain Triathlon and the World Police and Fireman Games Triathlon.