



# Athletics Canada/Run Canada Measurement Certificate

Name of the course Mid Summer 8K Distance 8 km  
Location (city) Kelowna (province) BC  
Type of course: road race ☒ calibration track Configuration: Loop  
Type of surface: paved 100 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %  
Elevation (meters above sea level) Start 344 m Finish 344 m Highest 377 m Lowest 341 m  
Straight line distance between start & finish 225 m Drop 0 m/km Separation 2.8 %  
Measured by (name, address, phone & e-mail) Richard Bugslag 110-920 Glenwood Ave.  
Kelowna, B.C. V1Y 9P2 250-448-8167  
Race contact (name, address & phone) Randy Werger 993 Monashee Place  
Kelowna, B.C., V1V 1J5 250-763-1414  
Measuring Methods: bicycle ☒ steel tape electronic distance meter  
Number of measurements of entire course: 2 Date(s) when course measured: May 31, 2009  
Race date: July 5, 2009 Course paperwork submission date: June 23, 2009  
Replaces: \_\_\_\_\_ (if applicable) Certification code: BC-2009-084-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*

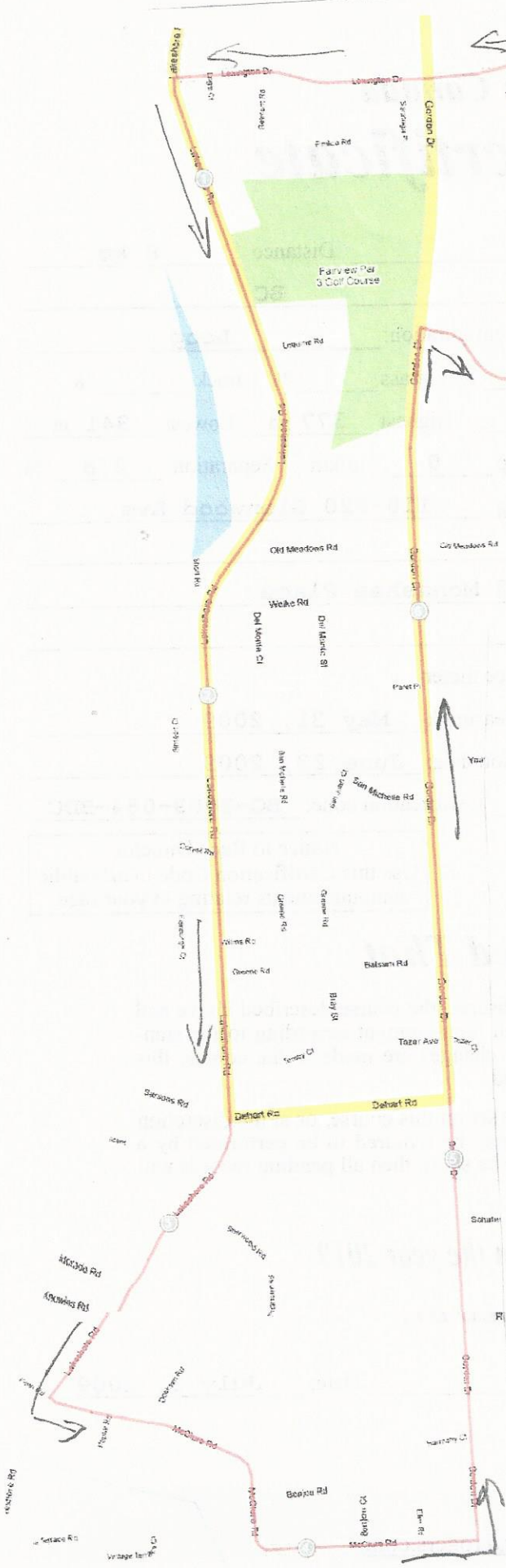
AS NATIONALLY CERTIFIED BY:

Bernard Conway  
Bernard Conway - Athletics Canada/Run Canada National Certifier  
- IAAF/AIMS Grade A Measurer  
- USATF/RRTC Final Signatory

Date: July 3, 2009

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)



While riding the entire race course we attempted to ride as a runner would run by taking the shortest route possible while remaining within the bike lanes, where they exist which is slightly less than 6 of the 8 kilometres.

The course commences on Lexington Dr within the sports field area. Lexington Dr does not have a bike lane therefore all runners will be guided by Marshalls to keep them on the left hand side of the road.

At the end of Lexington the runners turn left onto Lakeshore whereon they will be restricted to the bike lane all the way to the next turn which is a left turn onto McClure.

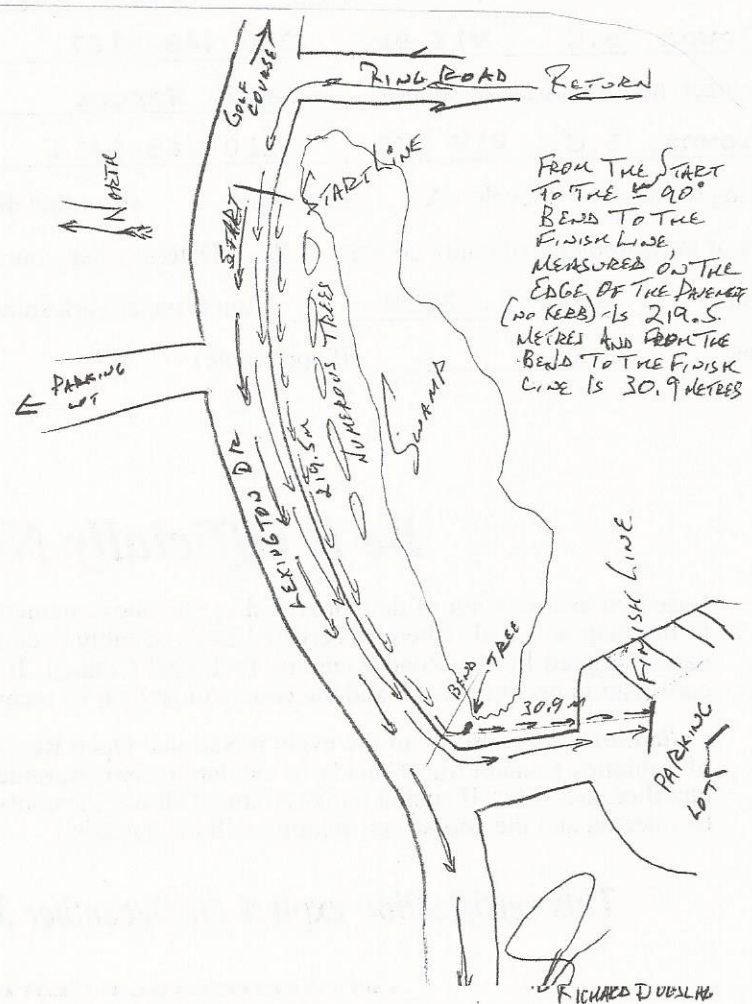
McClure also has a bike lane on the left hand side of the road which the runners will be restricted to.

At the end of McClure the runners again turn left onto Gordon Dr and remain on the left hand side of the road, again inside the bike lane.

Further down Gordon Dr is Dorothea Walker Elementary School and directly in front of the School is a crosswalk. At this point Certified Flaggers will guide the runners across the road to the right hand side where they will once again be restricted to the bike lane.

At the intersection of Gordon Dr & Lequime Rd the runners turn right and follow this paved roadway commonly referred to as the Ring Road. This is the only section of the race course that has been measured curb to curb.

At the end of Ring Road the runners turn left onto Lexington Dr, being guided to stay on the left hand side, running past the start line and turning left into the parking lot which houses the Kinsmen Field House building and the finish line.



BC-2009-084-BDC

Mid Summer 8K  
(Kelowna, BC)