



Athletics Canada/Run Canada Measurement Certificate

Name of the course Jingle Bell 5km Walk for Arthritis Distance 5 km
Location (city) Mill Lake, Abbotsford (province) BC
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Loop (2.3 laps)
Type of surface: paved 100 % dirt % gravel % grass % track %
Elevation (meters above sea level) Start 56 m Finish 66 m Highest 68 m Lowest 48 m
Straight line distance between start & finish 560 m Drop 2 m/km Separation 1.1 %
Measured by (name, address, phone & e-mail) Greg Skerratt 21713 Mountainview Crescent
Maple Ridge, BC, V2X 3T9
Race contact (name, address & phone) Emily Shandruk The Arthritis Society
200 - 1645 West 7th Avenue, Vancouver, BC, V6J 1S4 604-714-5569
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐
Number of measurements of entire course: 2 Date(s) when course measured: Oct. 25, 2009
Race date: Course paperwork submission date: Nov. 3, 2009
Places: (if applicable) Certification code: BC-2009-127-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: Nov. 10, 2009

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

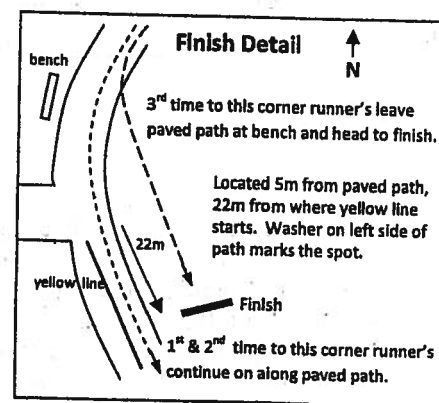
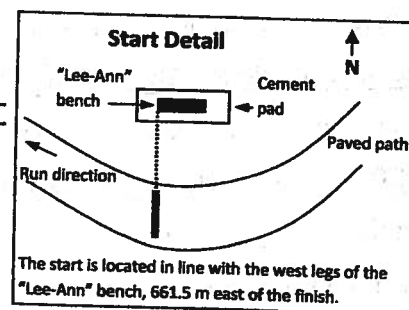
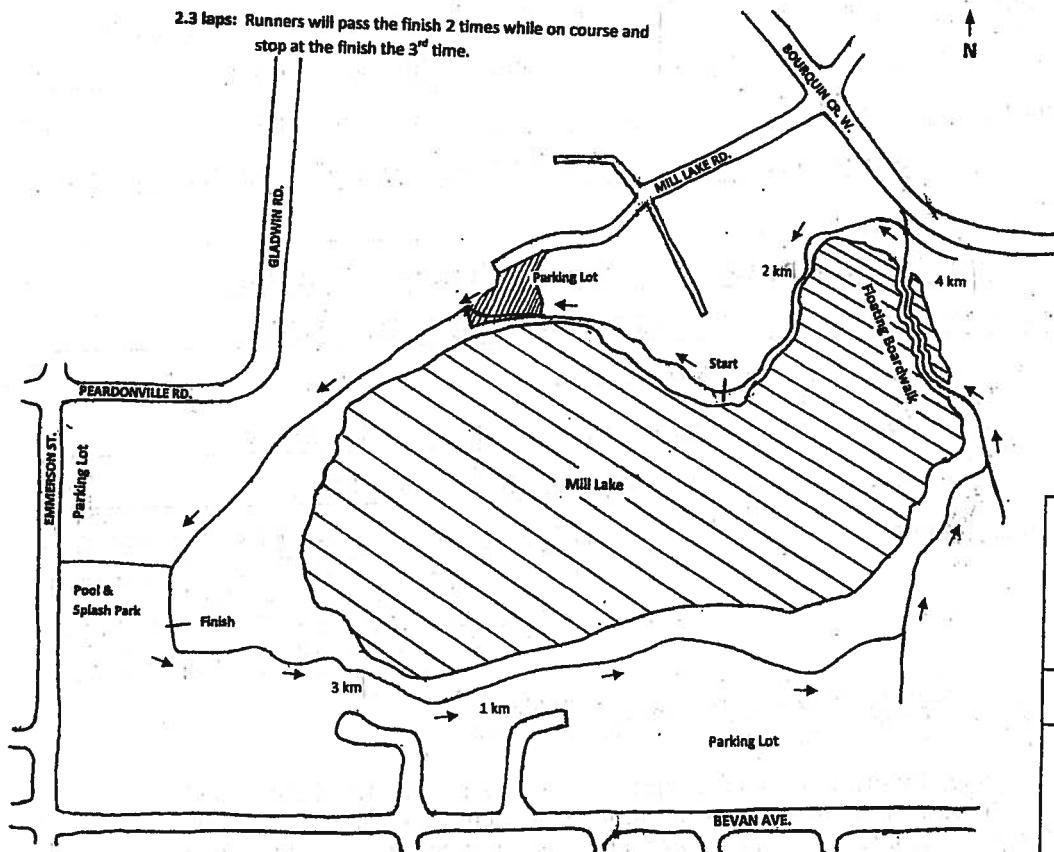
Phone: 519-641-6889 (H) Fax: 519-641-6889 E-mail: measurer@rogers.com

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BC-2009-127-BDC

Jingle Bell 5 km Walk & Run for Arthritis, Abbotsford

2.3 laps: Runners will pass the finish 2 times while on course and stop at the finish the 3rd time.



Notes:

1. The course must be laid out in accordance with this map for the certification to be valid.
2. Runners are to travel on paved path only and may use entire width of path.

Measured by: Greg Skerratt, IAAF Grade "C" Measurer