



Athletics Canada/Run Canada Measurement Certificate

Name of the course Jingle Bell 5km Walk for Arthritis Distance 5 km
Location (city) New Westminster (province) BC
Type of course: road race ☒ calibration track Configuration: Point to Point
Type of surface: paved 100 % dirt _____ % gravel _____ % grass _____ % track _____ %
Elevation (meters above sea level) Start 97 m Finish 6 m Highest 117 m Lowest 6 m
Straight line distance between start & finish 1.6 km Drop 18 m/km Separation 32 %
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: Sept. 7, 2009
Race date: _____ Course paperwork submission date: Nov. 3, 2009
Replaces: _____ (if applicable) Certification code: BC-2009-128-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: Nov. 10, 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

BC-2009-128-BDC

Jingle Bell 5 km Walk & Run for Arthritis, New Westminster

Notes:

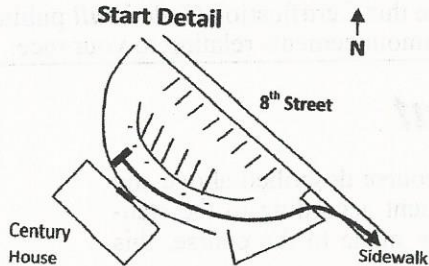
1. The course must be laid out in accordance with this map for the certification to be valid.
2. Runners are to follow run restrictions.

Measured by:

Greg Skerratt, IAAF Grade "C" Measurer

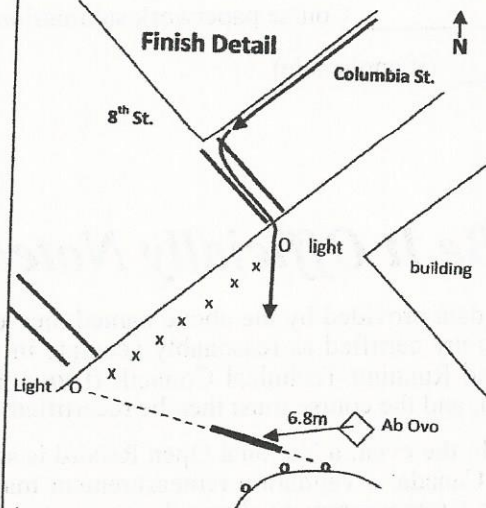
Runner Restrictions:
 north sidewalk 6th Ave
 east sidewalk Tenth St.
 south 1.5 m of 8th Ave.
 west sidewalk 8th St.
 south sidewalk Seventh Ave.
 west sidewalk Sixth St.
 south 1.5 m of 4th Ave.
 west sidewalk First St.
 north sidewalk Queens Ave.
 diagonally through intersection
 to west sidewalk of Sixth St.
 north 1.5 m of Columbia St.

Start Detail



The start is in front of the Century House, off of 8th Street. It is in line with the white "T" parking spot marked directly in front of the window at the north end of the front of the Century House, which is at the north end of the parking stall in front of the front steps of the Century House. At the end of the lot, runners cross over the curb and grass to access the sidewalk.

Finish Detail



Located between the light post and third round disk on the cement curve, 6.8 m west of the Ab Ovo plaque, at the west end of the third cement pad.

