



Athletics Canada/Run Canada Measurement Certificate

Name of the course Family YMCA of Prince George 10 km RR Distance 10 km
Location (city) St. George (province) BC
Type of course: road race ☒ calibration track Configuration: Loop
Type of surface: paved 95 % dirt _____ % gravel _____ % grass _____ % track 5 %
Elevation (meters above sea level) Start 570 m Finish 570 m Highest 604 m Lowest 569 m
Straight line distance between start & finish 0 Drop 0 m/km Separation 0 %
Measured by (name, address, phone & e-mail) Dick Voneugen 5809 Lehman St.
Prince George, BC, V2K 1T8 250-962-7672
Race contact (name, address & phone) Family YMCA of Prince George
250-562-9341
Measuring Methods: bicycle ☒ steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: Sept. 23/2009
Race date: June 6/2010 Course paperwork submission date: May 19/2010
Replaces: BC-2008-103-BDC (if applicable) Certification code: BC-2010-048-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 2020

AS NATIONALLY CERTIFIED BY:

Bernard Conway Date: May 25/2010
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

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YMCA



Family YMCA of Prince George

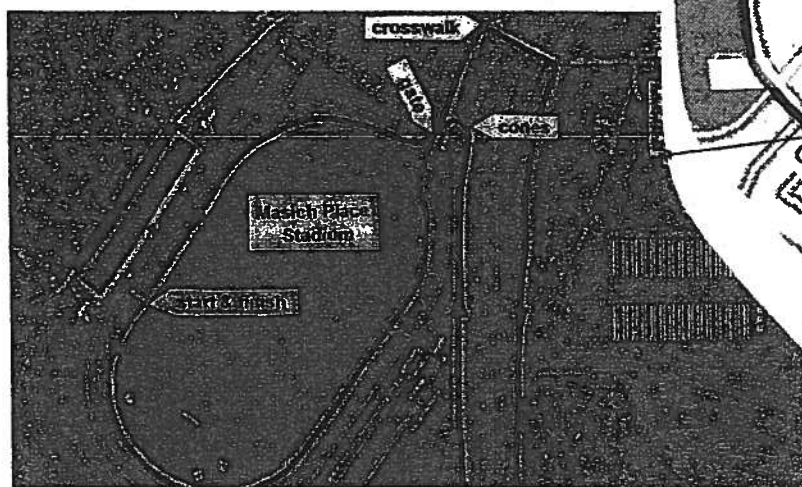
We build strong kids,
strong families, strong communities.

10 KM ROAD RACE

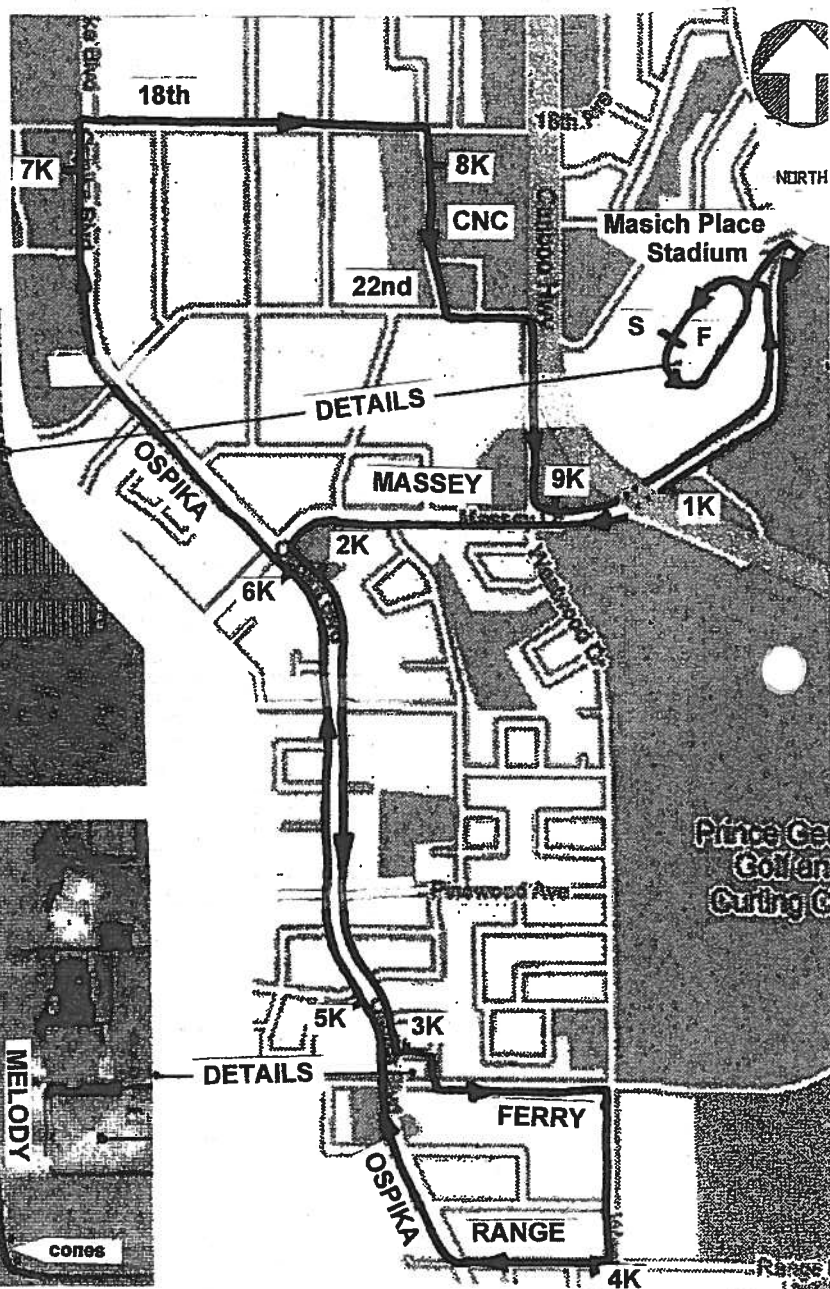
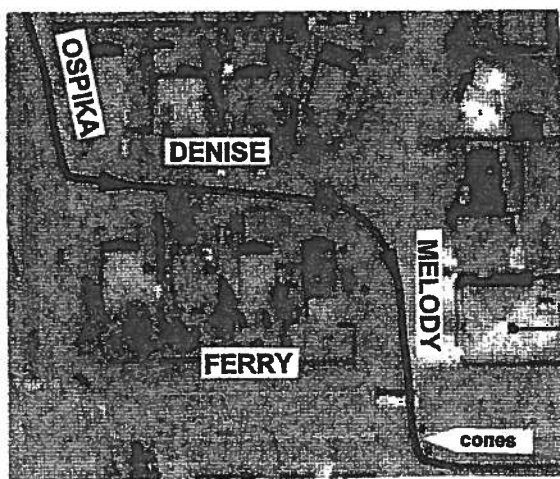


YMCA

BC-2010-048-BDC



YMCA



START & FINISH are at the regular location at the **MASICH PLACE STADIUM**. The course leaves the track through the NE gate and parking area and crosses **MASSEY** at **GRIFFITH** in the crosswalk. From there the course is laid out mainly to run against the traffic, on the left-hand side of the road, within 1m of the curb. With the exceptions of: **DENISE** and **MELODY** which are crossed diagonally, the section on **FERRY**, **WESTWOOD** and **RANGE** as well as the short stretch on **22nd**. Continue on **MASICH** and turn left on **OSPIKA** until the **3K** mark, turn left on **DENISE**, right on **MELODY** and cross **FERRY** at right angles and turn left. Continue on **FERRY**, turn right on **WESTWOOD**, right on **RANGE**. Go across **OSPIKA** in the crosswalk and turn right. Just beyond the **7K** mark, go across **18th** and turn right, follow **18th** to the road (no name) that connects **18th** with **22nd** in the back of the **CNC** property. Cross **22nd** and turn left, go across **WESTWOOD** and turn right. Follow **WESTWOOD** to **MASSEY**, turn left with **1K** to go to the **STADIUM**. Enter through the same gate as the start and follow the track in a counter clock-wise direction to the **FINISH** line.