



Athletics Canada/Run Canada Measurement Certificate

Name of the course Summer Fast 10 km Run Distance 10 km
Location (city) Vancouver (province) British Columbia
Type of course: road race ☒ calibration track Configuration: Loop
Type of surface: paved 100 % dirt _____ % gravel _____ % grass _____ % track _____ %
Elevation (meters above sea level) Start 3 m Finish 3 m Highest 5 m Lowest 1.5 m
Straight line distance between start & finish 200 m Drop 0 m/km Separation 2 %
Measured by (name, address, phone & e-mail) Mark Smith 2109 London St.
New Westminster, BC, V3M 3E8
Race contact (name, address & phone) Chris Brandt <http://vfac.ca>
Vancouver, BC
Measuring Methods: bicycle ☒ steel tape electronic distance meter
Number of measurements of entire course: 2 Date(s) when course measured: June 8/2010
Race date: July 17/2010 Course paperwork submission date: July 13/2010
Replaces: BC-2008-061-BDC (if applicable) Certification code: BC-2010-067-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:

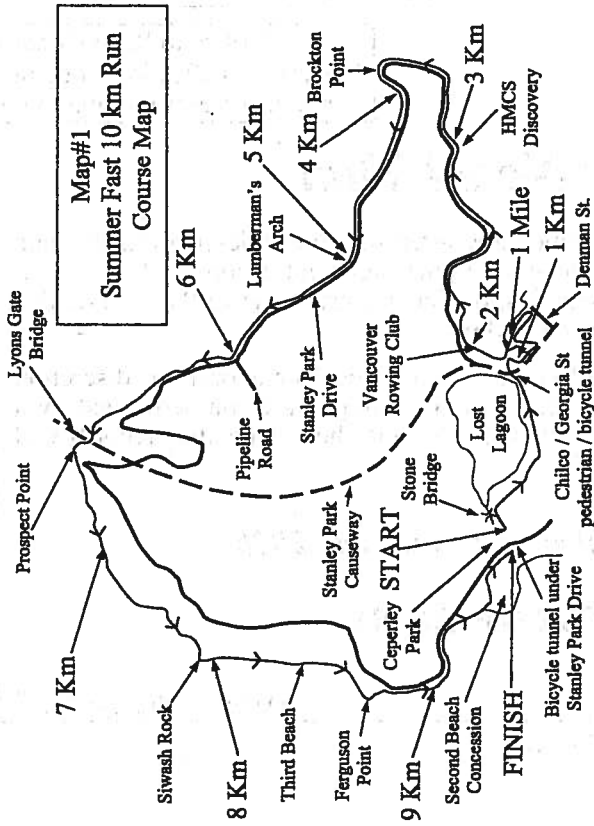
Bernard Conway Date: July 15/2010
Bernard Conway - Athletics Canada/Run Canada National Certifier
- IAAF/AIMS Grade A Measurer
- USATF/RRTC Final Signatory

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

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

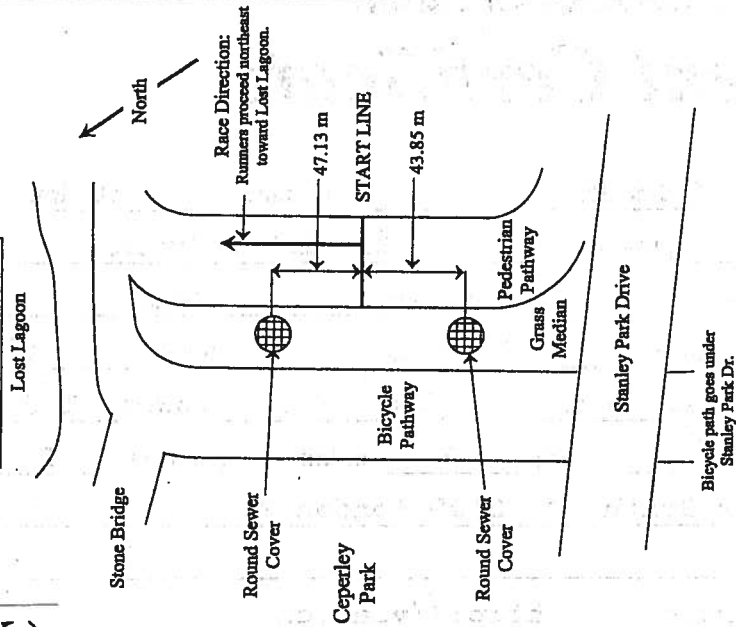
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Summer Fast 10 km Run



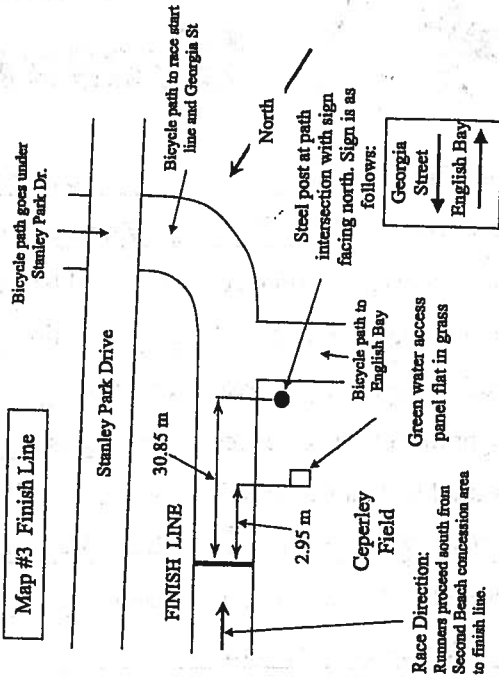
Stanley Park Seawall
With one exception runners are restricted to the pedestrian portion of the seawall throughout Stanley Park. The only exception is the area near the Second Beach concession where runners, once they reach the Second Beach Concession from the direction of Ferguson Point, must go behind the concession building and proceed to the finish line on the bicycle pathway adjacent to Ceperley Field.

Map #2 Start Line



The start line is on the pedestrian pathway in Ceperley Park between the two round sewer covers that are located in the grass median between the stone bridge at the western end of Lost Lagoon and the bicycle underpass at Stanley Park Drive.

Map #3 Finish Line



The finish line is at the northeast corner of Ceperley Field near where the bicycle path follows under Stanley Park Drive. It is located north of the path intersection which is west of this underpass.

Map #4. Km 1/Mile 1 Area

