



Athletics Canada/Run Canada Measurement Certificate

Name of the course Stanley Park Spring Forward 5 km Run Distance 5 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 1.5 m Finish 1.5 m Highest 20 m Lowest 1.5 m
Straight line distance between start & finish 85 m Drop 0 m/km Separation 2 %
Measured by (name, address, phone & e-mail) Mark Smith 2109 London St.
New Westminster, BC, V3M 3E8 604-526-6011
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: Mar. 4/2011
Race date: _____ Course paperwork submission date: Mar. 23/2011
Replaces: _____ (if applicable) Certification code: BC-2011-006-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:

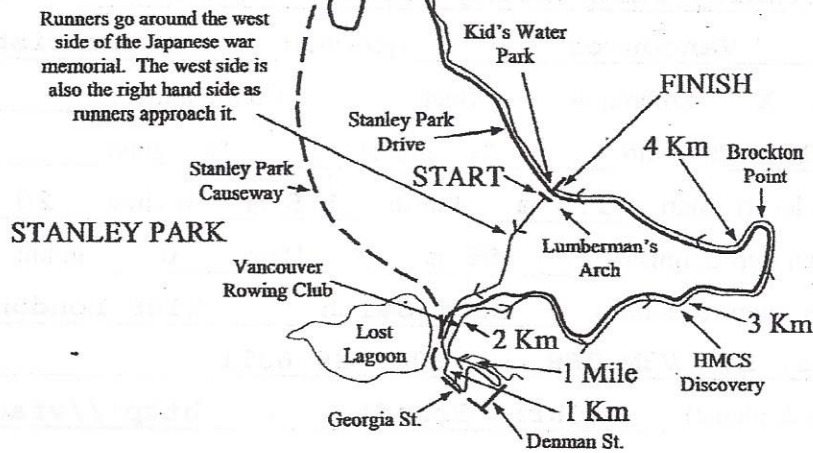
Bernard Conway
Bernard Conway - Athletics Canada/Run Canada National Certifier
- IAAF/AIMS Grade A Measurer
- USATF/RRTC Final Signatory

Date: Mar. 24/2011

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

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

Map#1
Spring Forward 5 km Run
Course Map

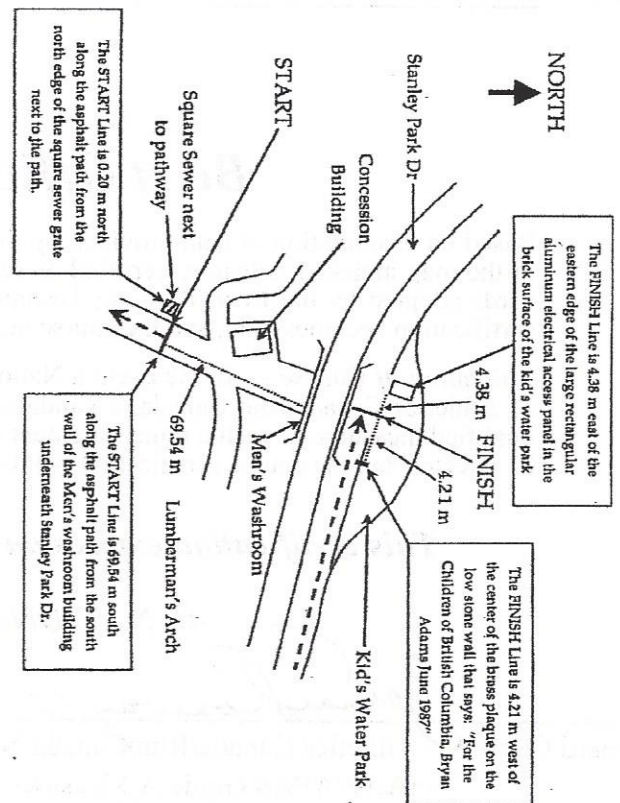


Stanley Park Seawall

When on the seawall runners are restricted to the pedestrian portion of the seawall throughout Stanley Park.

BC-2011-006-BDC

Map #2. Start and Finish Line Area



Map #3 Km 1/Mile 1 Area

