



# Athletics Canada/Run Canada Measurement Certificate

Name of the course MEC North Vancouver Race Three 5 km Distance 5 km  
Location (city) Lower Seymour Conservation Reserve (province) BC  
Type of course: road race ☒ calibration ☐ track ☐ Configuration: Out/Back  
Type of surface: paved 100 % dirt      % gravel      % grass      % track      %  
Elevation (meters above sea level) Start 206 m Finish 206 m Highest 222 m Lowest 200 m  
Straight line distance between start & finish 0 m Drop 0 m/km Separation 0 %  
Measured by (name, address, phone & e-mail) Geoffrey Buttner 102-2525 West 4<sup>th</sup> Ave.  
Vancouver, BC, V6K 1P5 604-739-9182  
Race contact (name, address & phone) Nicola Gildersleeve 212 Brooksbank Ave.  
North Vancouver, BC, V7J 2C1 604-990-4417  
Measuring Methods: bicycle ☒ steel tape ☐ electronic distance meter ☐  
Number of measurements of entire course: 2 Date(s) when course measured: July 2/2013  
Race date: July 27/2013 Course paperwork submission date: July 23/2013  
Expires: Dec. 31/2022 (if applicable) Certification code: BC-2013-078-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 2022*

AS NATIONALLY CERTIFIED BY:

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](mailto:measurer@rogers.com)

Date: July 25/2013

# MEC North Vancouver

## Race 3, 5K / 10K



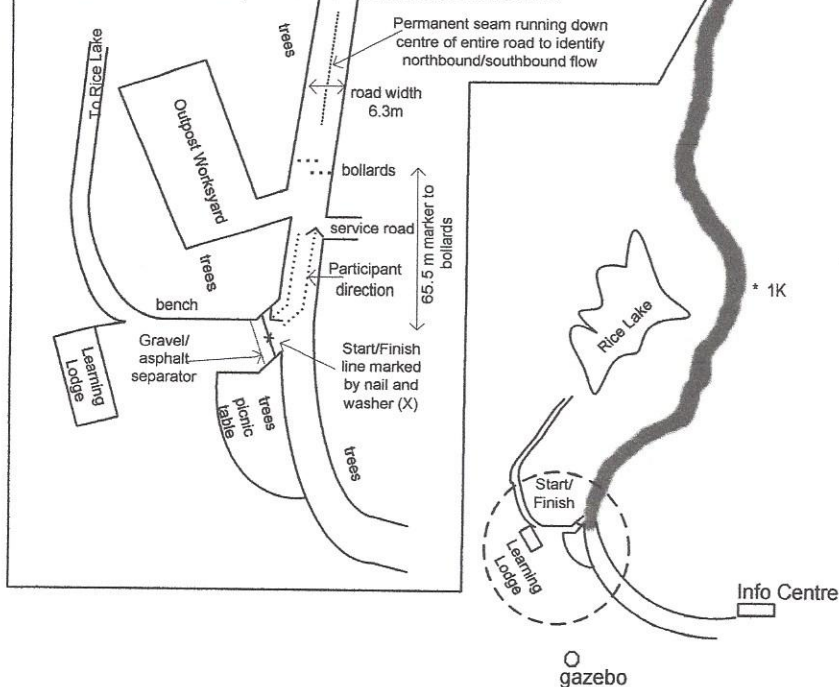
5 km Runners turnaround at 2.5 km Turnaround

BC-2013-078-BDC

Certification Expires Dec. 31/2022

### Start/Finish detail

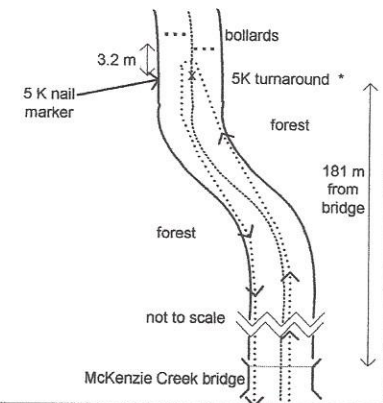
The start finish line is located directly in front of the Learning Lodge just east of the point where the gravel lot becomes an asphalt path. The mark is in the asphalt (nail and washer) 1 meter to the east of the line where the gravel ends and the asphalt begins. There are two sets of offset traffic calming bollards crossing the road just north of the Outpost Workyard. The distance from the start/finish to the centre point of these bollards is 65.5 meters. The flow of participants proceeds north and to the right hand side of the road. Finishers come back along the left hand side and turn into the finish line.



### 5 K Turnaround detail

The 5K turnaround is located north of the McKenzie Creek bridge (181 m north) as measured from the break in the pavement delineating the north end of the bridge (where the road surfaces of the bridge and land meet) and dictated by the shortest possible route from this pavement break to the mark. It is also 3.2 meters south of the center point between the bollards installed mid-road for traffic calming and 181 meters north of the McKenzie Creek bridge.

Turnaround point is on center pavement seam.



### 2.5 K Turnaround detail

There is a set of bollards crossing the road after the 2K mark (not in this detail). Look for the first solid white line that begins after these bollards while heading north. Located 81.5 meters (as dictated by the shortest possible route) from the southernmost beginning point of the solid white line painted in the middle of the road. Turnaround point is on center white line.

Note the direction of the 5K participant direction by the dashed line with arrows navigating the S-turns in order to run the shortest possible route while remaining on the correct side of the road.

