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Athletics Canada/Run Canada Measurement Certificate

Name of the course MEC North Vancouver Race Three 10 kg	m Distance 10 km
Location (city) Lower Seymour Conservation Reserve (province)	
Type of course: road race X calibration track Configurat	
Type of surface: paved 100 % dirt % gravel % g	
Elevation (meters above sea level) Start 206 m Finish 206 m Hig	hest 240 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	
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 X steel tape electronic distance meter	
Number of measurements of entire course: 2 Date(s) when course measured:	July 2/2013
Race date:	
Evnires: Don 31/2000 (C. 11.11)	cation code: BC-2013-079-BDC
Г	Notice to Page Director

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: Sernard Conway - Athletics Canada/Run Canada National Certifier - IAAF/AIMS Grade A Measurer	_ Date:	July	25/2013	
- 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

MEC North Vancouver Race 3, 5K / 10K

5K Turnaround

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10 km Runners turnaround at 5 km Turnaround

BC-2013-079-BDC

Certification Expires Dec. 31/2022

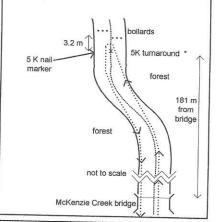
Start/Finish detail 12.5K Turnaround The start finish line is located directly in front of the Learning Lodge just east of the point where the gravel lot becomes an asphalt path. The mark is in the asphalt (nail and washer) 1 meter to the east of the line where the gravel ends and the asphalt begins. There are two sets of offset traffic calming bollards crossing the road just north of the Outpost Worksyard. 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. Permanent seam running down centre of entire road to identify northbound/southbound flow road width bollards Participant direction 65 bench Gravel/ Start/Finish asphalt line marked separator by nail and washer (X) Start Info Centre gazebo

5 K Turnaround detail

to Seymour Lake

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 fort 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 southermnost 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.

