



*Athletics Canada/Run Canada*  
**Measurement Certificate**

Name of the course MEC North Vancouver Race Three 10 km Distance 10 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 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 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-2013-079-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 Date: July 25/2013  
- 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)

# MEC North Vancouver Race 3, 5K / 10K



10 km Runners turnaround at 5 km Turnaround  
 BC-2013-079-BDC  
 Certification Expires Dec. 31/2022

