



# ATHLETICS CANADA

## ROAD RACE MEASUREMENT CERTIFICATE

### Race Information

Name of the course \_\_\_\_\_  
Certificate number \_\_\_\_\_ Distance \_\_\_\_\_ Race date \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_  
Race contact name \_\_\_\_\_ Race contact email \_\_\_\_\_

### Course Information

Start elevation \_\_\_\_\_ Finish elevation \_\_\_\_\_  
Elevation change \_\_\_\_\_ Percent separation \_\_\_\_\_

### Measurer Information

Measurer name \_\_\_\_\_  
Measurement date \_\_\_\_\_ Expiry date \_\_\_\_\_

### Official Notice

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**, 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.

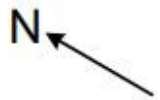
### As Nationally Certified by

\_\_\_\_\_  
  
Signature of certifier \_\_\_\_\_ Date \_\_\_\_\_

Any inquiries regarding this certificate should be directed to [coursemeasurement@athletics.ca](mailto:coursemeasurement@athletics.ca)



# Mo Miler - Stash Dash 5k



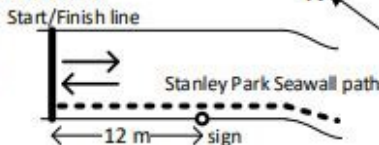
Athletics Canada Certified  
 BC-2021-023-BDC  
 Certification Expires Dec 31/2030

## Notes:

- This is an out and back 5K course with a small loop nearing the turnaround point. The Start-Finish is located on the Stanley Park Seawall path adjacent both to Ceperley Meadows and Second Beach.
- The course was measured on the seawall using the shortest possible tangents, while adhering to the 30 centimeter path edge/curbside rule.
- Runners are to be restricted to the pedestrian paths of the seawall with the minor exception adjacent to the Aquatic Ctr.
- The certification is not valid if the course is not set out in accordance with this map.
- Map and detail areas not drawn to scale.

## Start/Finish Detail

The common Start/Finish line is located on the Stanley Park Seawall path alongside Second Beach to the west and Ceperley Meadows to the east prior to path's end nearing the Second Beach concession area.



The line is 12 meters north of base footing of permanent signage noting 'English Bay-Burrard Inlet Important Bird Area', the only signage in the immediate area. It is marked with a nail and washer on the English Bay side path's edge.

The Turnaround point is located on the Seawall path directly under the Burrard Bridge in an area where the path broadens into a wide open asphalt-paved area. It is a 1-foot circular cement marker prominently cut into the asphalt and level with the surface.

The cement circle is 12 meters southwest of the yellow line extending across the asphalt area and 6.8 meters southeast of garden curb that forms 90 degree angle to yellow line. Runners briefly on bike path behind Aquatic center only. The remainder is on pedestrian path.

## Turnaround Detail

