



# 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

 Paul T.B. Adams  
Signature of certifier \_\_\_\_\_ Date \_\_\_\_\_

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



Harriers

# Elk/Beaver Ultras

## 50 Mile


Elk/Beaver Lake Regional Park  
Saanich BC

Measured: 2023 March 04 (Lake Loop trail)  
2023 March 18 (10km lap & one-time 50-Mile extensions)  
by Gary Duncan

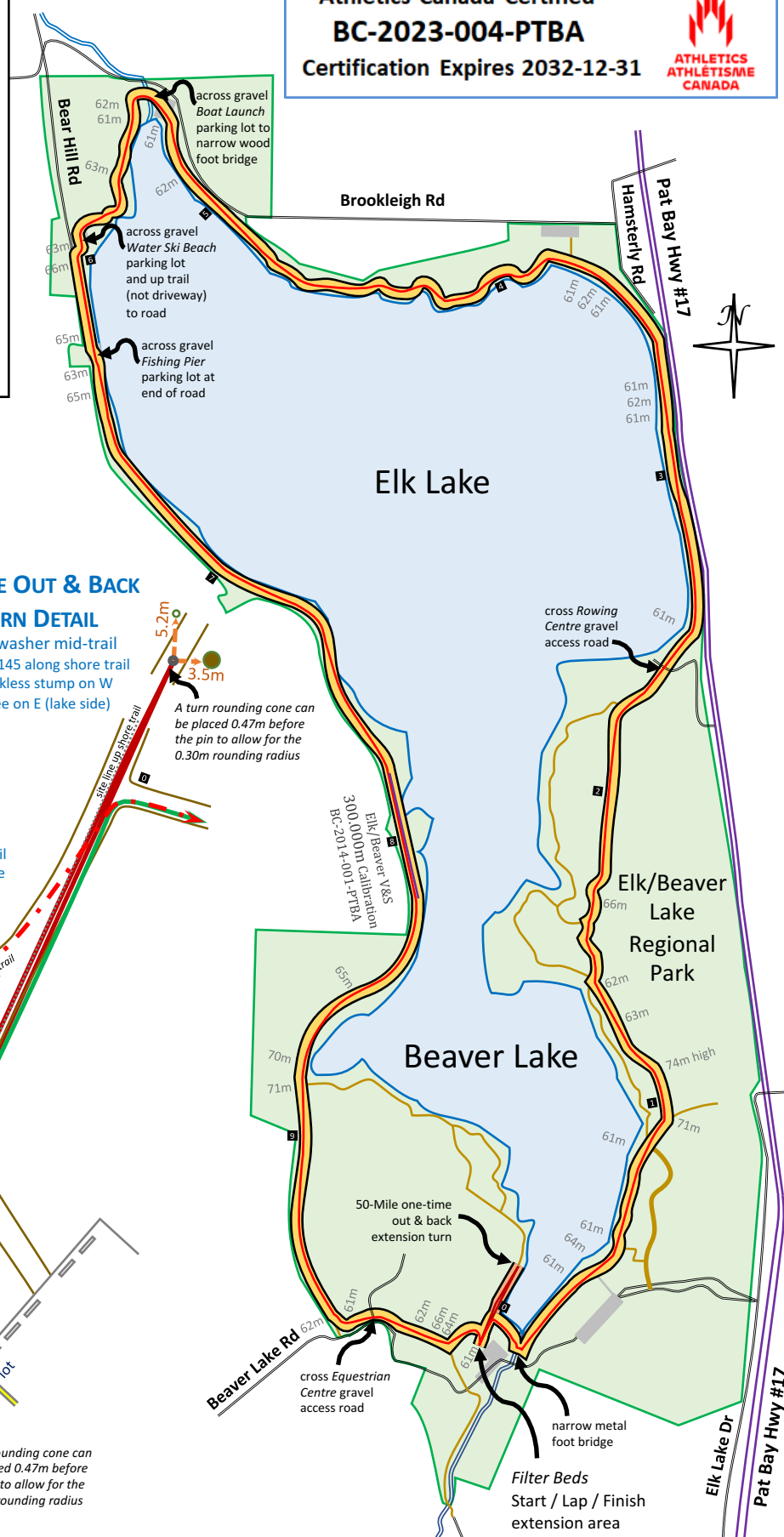
Altitude: Start / Turn / Lap / Finish: 61m  
High: 74m, Low: 61m  
Capital Regional District CRD contours Map data

Separation: 0m

Athletics Canada Certified  
**BC-2023-004-PTBA**  
 Certification Expires 2032-12-31



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ATHLÉTISME  
CANADA

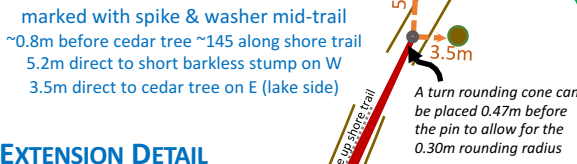


- Notes:
- Runners have use of the **full width** of all indicated trails, paths, roads, lots and the open area with the common start, finish and lap point.
  - The course is measured along the shortest possible path keeping at least 0.3m from runnable edges.
  - The course is normally run counter-clockwise but could be reversed.
  - The one-time out & back extension of 467.20m for the 50-Mile is normally run first but could be done last.
  - Indicated CRD km posts are not evenly spaced and only roughly align with course distances.

### 50-MILE ONE-TIME OUT & BACK

50 Mile = out & back  
467.20m extension  
plus eight 10km laps

#### EXTENSION TURN DETAIL



#### START / LAP / FINISH EXTENSION DETAIL

Beaver Lake Filter Beds area  
 grass field in front of washroom building  
 marked with spike & washer  
 on site line from shore trail to V of tree trunks on pipeline trail  
 at ~0.3m before (NE of) site line along NE side of fence square

- 21.76m direct to SE corner of washroom building
- 24.44m direct to NE corner of fence square
- ~10.4m to curbs along end of parking lot
- ~12.1m to tree trunk
- ~87m to OK post on Lake Loop Trail

