



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

Name of the course Harry's Spring Run-Off 8k Distance 8 km  
Location (city) Vancouver (province) BC  
Type of course: road race  calibration track Configuration: Loop  
Type of surface: paved 100 % dirt \_\_\_\_\_ % gravel \_\_\_\_\_ % grass \_\_\_\_\_ % track \_\_\_\_\_ %  
Elevation (meters above sea level) Start 27 m Finish 24 m Highest 27 m Lowest 2 m  
Straight line distance between start & finish 156 m Drop 0.4 m/km Separation 2 %  
Measured by (name, address, phone & e-mail) Clifton Cunningham 704 - 39 Sixth St.  
New Westminster, BC, V3L 0B3 778-786-3116 and Tom Skinner  
Race contact (name, address & phone) \_\_\_\_\_

Measuring Methods: bicycle  steel tape electronic distance meter

Number of measurements of entire course: 2 Date(s) when course measured: March 4/2012

Race date: March 25/2012 Course paperwork submission date: March 19/2012

Replaces: \_\_\_\_\_ (if applicable) Certification code: BC-2012-006-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 2021***

**AS NATIONALLY CERTIFIED BY:**

Bernard Conway Date: March 22/2012  
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

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# Spring Run-Off 8k - Vancouver

March 4, 2012

2012-006-BDC

Athletics Canada Certified BC-

Course is 60% Stanley Park seawall, runners are not restricted to either of the bike or walking paths. The course was measured as the SPR through either path along all seawall portions. From Second Beach to Lost Lagoon, runners are restricted to bike path (SPR). Under Georgia Street overpass, runners restricted Rollerblade path (SPR).

