



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 (m/km) _____ 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 which results in a course that is less than the stated distance, this certification becomes void, and the course must then be re-certified.

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

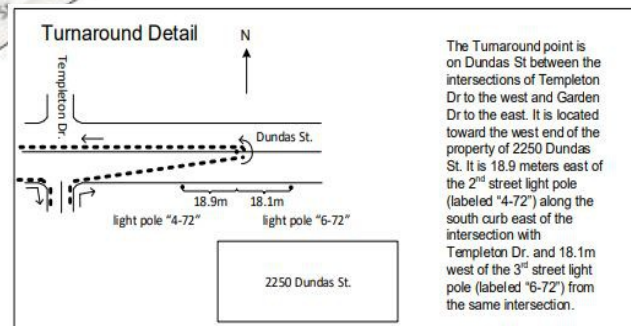
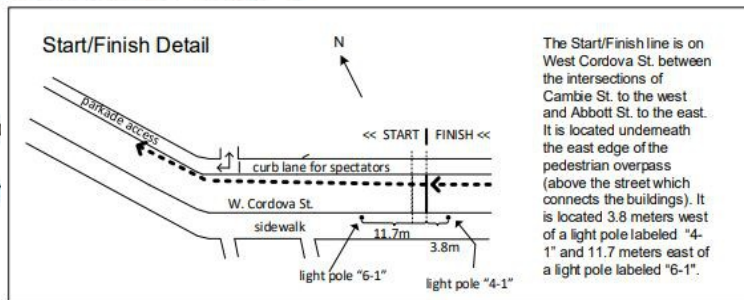
Any inquires regarding this certificate should be directed to coursemeasurement@athletics.ca



Vancouver Eastside 10K

Lane restrictions:

- Start line - North curb lane from the start line to Cambie St. closed to runners
- Columbia St. between Powell St. and Alexander St. - Runners restricted to southbound lanes
- Alexander St. between Columbia St. and Main St. - runners limited in both directions to the westbound traffic lanes
- Alexander St. between Jackson Ave. and Heatley Ave. - coned on the center line to restrict westbound runners to westbound lanes
- Powell between Cordova Diversion and Turnaround - coned on the centre line to restrict eastbound and westbound runners to their respective side of the street
- Templeton Dr. between Dundas St. and Pandora St. - coned on the centre line to restrict southbound and northbound runners to their respective side of the street



Notes:

- The course was measured on the road using the shortest possible tangents, while adhering to the 30 cm curbside rule
- 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.
- Measured by Geoffrey Buttner, Grade "B" Measurer

Route:

Start/Finish are the same point on West Cordova St just north of the Woodward's building. Head west on W. Cordova, turn right on to Water, continue on Alexander to Gore. Then right on Gore, left on East Cordova, left on Princess, left on Powell, right on Dunlevy, and right on Alexander. Turn right on Heatley, left on Powell, right on Hawks, and left on Cordova Diversion. Merge on to Powell St overpass to continue east. Powell is renamed to Dundas at Semlin intersection. Continue on Dundas to Templeton. Right on Templeton, left on Franklin, left on Nanaimo, left on Pandora, right on Dundas to the turnaround. Turn 180 degrees counter-clockwise around this point, returning westbound on Dundas/Powell. Then right on Hawks and continuing left on to Alexander. Right at Jackson and left on Railway. Cross intersection with Gore and right on Alexander. Then left on Columbia, right on Powell, and left on West Cordova to finish line.

