

## **Road Race Course Measurement Seminar**

**Saturday October 17<sup>th</sup> – Sunday October 18<sup>th</sup>, 2015**

Vancouver International Marathon Society Office, 1288 Vernon Drive, Vancouver BC, V6A 4C9

**Hosted by BC Athletics & Vancouver International Marathon Society**

For any road running performance to be accepted as a record or be included in rankings, it must be run on an Athletics Canada certified course. In addition, most runners like to compare performances run on different courses, and such comparisons are difficult if course distances are not reliable. No one can truly establish a personal best if the course distance is not accurate.

This seminar will instruct you on how to measure a course to internationally accepted standards, and prepare the documentation for certification.

**Instructor:** Paul Adams is an AIMS/IAAF Grade “A” Measurer, with 15+ years’ experience measuring courses.

### **Agenda: Saturday, Oct 17<sup>th</sup>, 2015**

9:00am to 4:00pm – Introduction of participants and instructors; General principles of measurement; Simple calculation exercises; Layout of a calibration course; Introduction to the Jones Counter; Mount counters to bicycles; Demonstration of riding by instructor; Layout of test course.

### **Sunday, Oct 18<sup>th</sup>, 2015**

9:00am to 3:00pm – Participants measure the test course and record results; Perform measurement calculations; Review of topics covered and lessons learned; Tips and experiences from the instructor; Final assignment; Presentation of certificates.

### **What you need to bring**

- **A Bicycle.** Be sure that the front forks can accommodate a Jones Counter. Some mountain bikes have fat front forks and it is difficult to mount a counter on such forks. Bikes with disk brakes should be avoided.
- **A Safety Vest and Helmet.** Every participant must wear a high visibility safety vest and helmet when riding their bike.
- **A Jones Counter.** The Jones Counter is the only device with the accuracy required to measure courses with the accepted tolerances. Jones Counters cost approximately US\$140 + shipping, and can be ordered online at [www.jonescounter.com](http://www.jonescounter.com). Allow time for shipping before the seminar.
- **A calculator.**

All other materials (steel tapes, duct tape, hammer, nails, paint, spray chalk, pens and paper) will be provided.

### **Registration Fees:**

- Regular, by October 4, 2015: \$126.00 (incl. GST & Officials Membership). Two lunches included.
- Late, after October 4, 2015: \$157.50 (incl. GST & Officials Membership). Two lunches included.

\*\* After attending the course and submitting course measurements for certification, participants will be designated as a trained Grade “C” course measurer. All participants will also receive an Officials membership in BC Athletics, valid through to December 31, 2016. An Officials membership includes liability insurance for measurers when they are measuring courses.

### **Register Online:**

Register Online at <http://www.trackie.com/online-registration/register.php?id=2434>