

The Dirty Duo 2018

Clinic Trailhead List

Please arrive 15 minutes early. Bring warm up clothes, extra pair of socks, wet weather gear & water belt/hydration pack.

Date Saturday	Meeting Place/Route	15K	27K	50K
Jan 6 th Week #1	8:30 @ FORERUNNERS for briefing and introductions (980 Marine Drive). 9:20 drive (~30 min) to run start @ Berkley Road – Locator Map . Follow Mount Seymour Parkway to Berkley heading North all the way to the end. Park near sports field at top of Berkley. Do NOT park on Hyannis Drive. Translink: Route 214.	7K	11K	16K
Jan 13 th Week #2	8:30 @ Lynn Canyon Park – Locator map . Drive North on Lynn Valley Road. Turn right onto Peters Road. Continue into Lynn Canyon Park. Meet in first parking lot on left. Translink: Route 228 Lynn Valley/Lonsdale Quay.	8K	13K	20K
Jan 20 th Week #3	8:30 @ Old Buck – Locator map . Take Mt Seymour Parkway to Mt Seymour Rd, turn North. Pass Banff Court (on left) and take first left onto Anne MacDonald Way. Park on street. Translink: Route 211 Phibbs/Seymour or Route C15 Phibbs/Indian River.	9K	16K	24K
Jan 27 th Week #4	8:30 @ Jaycee House , 1251 Lillooet Rd – Locator map . Take Lillooet Road just past turnoff to Capilano University. Will see riding stable on left at Inter River Park Drive. Park on street or down at soccer field. Translink: Route 239 Capilano University or Route 255.	10k	19K	27K
Feb 3 rd Week #5	8:30 @ Lower Seymour Conservation Reserve - Locator map . Take Lillooet Road past turnoff to Capilano University. Continue about 3 km into park to final parking lot on right at end of road. Translink: Route 228 Lynn Valley/Lonsdale Quay, at Dempsey Rd, go North a few metres to Rice Lake Rd. Turn right onto Rice Lake Rd to bridge, cross bridge, walk up hill to parking area.	8K	14K	20K
Feb 10 th Week #6	8:30 @ Lower Seymour Conservation Reserve - Locator map . Take Lillooet Road past turnoff to Capilano University. Continue about 3 km into park to final parking lot on right at end of road. Translink: Route 228 Lynn Valley/Lonsdale Quay, at Dempsey Rd, go North a few metres to Rice Lake Rd. Turn right onto Rice Lake Rd to bridge, cross bridge, walk up hill to parking area.	13K	21K	30K
Feb 17 th Orientation Run Week #7	8:30 @ Jaycee House , 1251 Lillooet Rd – Locator map . Take Lillooet Road just past turnoff to Capilano University. Will see riding stable on left at Inter River Park Drive. Park on street or down at soccer field. Translink: Route 239 Capilano University or Route 255.	15K	24K	34K
Feb 24 th Week #8	8:30 @ Jaycee House , 1251 Lillooet Rd – Locator map . Take Lillooet Road just past turnoff to Capilano University. Will see riding stable on left at Inter River Park Drive. Park on street or down at soccer field. Translink: Route 239 Capilano University or Route 255.	12K	21K	23K
March 3 rd Week #9	8:30 @ Lynn Canyon Park – Locator map . Drive North on Lynn Valley Road. Turn right onto Peters Road. Continue into Lynn Canyon Park. Meet in first parking lot on left. Translink: Route 228 Lynn Valley/Lonsdale Quay.	8K	11K	15K
March 10 th DIRTY DUO RACE DAY!	Jaycee House , 1251 Lillooet Rd – Locator map . Take Lillooet Road just past turnoff to Capilano University. Will see riding stable on left at Inter River Park Drive. Park on street or down at soccer field. Translink: Route 239 Capilano University or Route 255. CHECK RACE START TIMES.	15K	27K	50K

On Race Day – please carry water & carpool. If you are not doing the race, please come out as a volunteer. Your fellow runners will really appreciate it! For information, email foretrails@forerunners.ca.