

The Iron Knee/Tender Knee 2018

Clinic Trailhead List

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

Date Saturday	Meeting Place/Route	13K	25K
Mar 24 th Week #1	8:30 @ FORERUNNERS for briefing and introductions (980 Marine Drive). 9:20 drive (~20 min) to run start @ Lynn Canyon Park – Locator Map . Drive North on Lynn Valley Road, turn right on Peters Road, continue to Lynn Canyon Park. Meet in first parking lot on left. Translink: Route 228 Lynn Valley/Lonsdale Quay.	6K	10K
Mar 31 st Week #2	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.	7K	12K
April 7 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	14K
Apr 14 th Week #4	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.	10K	17K
April 21 st Week #5	8:30 @ Berkley Road – Locator map . Take Mount Seymour Parkway to Berkley Road. Turn North on Berkly to Hyannis Drive. Park beside sport field on Berkley. Do not park on Hyannis Drive. Translink: route 214.	9K	15K
Apr 28 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.	10K	18K
May 5 th Week #7	8:30 @ Grouse Mountain for all distances – Locator map . Take Capilano Rd north to Grouse Mountain (turns into Nancy Greene Way). Turn into parking lot on the RIGHT side of road and park in farthest lot down near start of Powerline (Skyline) trail.	11K	20K
May 12 th Orientation Run Week #8	7:50 @ Deep Cove (Orientation run finish). Car pool to start from Deep Cove or get dropped off at your respective starts. More information to follow. 8:30 @ Iron Knee Orientation Run Start – Top of Prospect Road (off Montroyal Blvd) – VERY LIMITED PARKING. Strongly suggest you carpool from Deep Cove. 8:30 @ Tender Knee Orientation Run Start – Lower Seymour Conservation Reserve	13K	22K
May 19 th 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.	6K	9K
May 26 th Iron Knee/ Tender Knee RACE DAY!	RACE DAY. See Foretrails website for start locations and check-in times. <i>Shuttle bus departs from Deep Cove (finish line) at 6:30 a.m. to drop runners at their respective starting locations. Note: The shuttle bus departure location may change this year, so watch for updates.</i>	13K	25K

On Race Day – please carry fuel and 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.