

Fall Clinic 2018 – Trailhead List

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

Date	Meeting Place/Route	10-12K	20-25K	42K
Saturday Sept 8 th Week #1	8:30 @ FORERUNNERS for briefing and introductions (980 Marine Drive). 9:20 drive (~30 min) to run start @ 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.	5K	11K	20K
Sept 15 th 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	14K	24K
Sept 22 nd Week #3	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.	9k	17K	27K
Sept 29 th Week #4	8:30 @ Cypress Mountain - Locator map . From Hwy #1 in West Vancouver, take Cypress exit. Go all the way to the top parking lot. If you are taking Translink , carpool from Park Royal South parking lot behind White Spot at Marine Dr and Taylor Way.	7k	12K	20K
Oct 6 th Week #5	8:30 @ Grouse Mountain - Locator map . Take Capilano Rd North past the dam. Continue up on Nancy Green Way to the top. Turn right into parking lot just before the Grouse Grind trailhead. Drive to the far end of the parking lot (by the trailhead for Powerline Trail). This is pay parking. There is free parking on street but watch for any parking restrictions.	9-9.5K	19K	30K
Oct 13 th Orientation Run Week #6	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	22K	34k
Oct 20 th Week #7	8:30 @ Cleveland Park - Locator map . Take Capilano Rd North to Cleveland Park (by Cleveland Dam). Park on the street (watch for parking restrictions). Meet on dam side of Capilano Road. Translink : Route 232 or 236 to top of Capilano Road.	5K	11K	15K
Oct 27 th Hallow's Week #8	RACE DAY.	10K	22K	42K
Nov 3 rd Orientation Run Week #9	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.	12K	18K	22K
Nov 10 th Week #10	8:30 @ Lynn Headwaters - Locator map . Drive North on Lynn Valley Road to the top and continue into Lynn Headwaters Park. Park in overflow lot closest to small lot by BC Mills House.	6K	10K	12K
Nov 17 th Phantom	RACE DAY.	12K	19K	25K

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