

# Winter Clinic 2019

## 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 5 <sup>th</sup> Week #1	8:30 @ <b>FORERUNNERS</b> for briefing and introductions ( <a href="#">980 Marine Drive</a> ). 9:20 drive (~30 min) to run start @ <b>Berkley Road</b> – <a href="#">Locator Map</a> . 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 12 <sup>th</sup> Week #2	8:30 @ <b>Lynn Canyon Park</b> – <a href="#">Locator map</a> . 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 19 <sup>th</sup> Week #3	8:30 @ <b>Old Buck</b> – <a href="#">Locator map</a> . 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 26 <sup>th</sup> Week #4	8:30 @ <b>Jaycee House</b> , 1251 Lillooet Rd – <a href="#">Locator map</a> . 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 2 <sup>nd</sup> Week #5	8:30 @ <b>Lower Seymour Conservation Reserve</b> - <a href="#">Locator map</a> . 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.	9K	14K	20K
Feb 9 <sup>th</sup> Week #6	8:30 @ <b>Lower Seymour Conservation Reserve</b> - <a href="#">Locator map</a> . 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 16 <sup>th</sup> <b>Orientation Run</b> Week #7	8:30 @ <b>Jaycee House</b> , 1251 Lillooet Rd – <a href="#">Locator map</a> . 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 23 <sup>rd</sup> Week #8	8:30 @ <b>Jaycee House</b> , 1251 Lillooet Rd – <a href="#">Locator map</a> . 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 2 <sup>nd</sup> Week #9	8:30 @ <b>Lynn Canyon Park</b> – <a href="#">Locator map</a> . 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 9 <sup>th</sup> <b>DIRTY DUO RACE DAY!</b>	<b>Inter River Park</b> South Parking Lot – <a href="#">Locator map</a> . Take Lillooet Road just past turnoff to Capilano University. Turn left onto Inter River Road, then take first and park in South parking lot on the right. Translink: Route 239 Capilano University or Route 255. <b>CHECK RACE START TIMES.</b>	15K	30K	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](mailto:foretrails@forerunners.ca).