



# Iron Knee/Tender Knee Race Information



Hello Iron Knee/Tender Knee Racers!

We are anticipating a great day of racing this year! The Iron Knee/Tender Knee course is a favorite for many with beautiful trails, some fabulous climbs, enthusiastic volunteers and a spectacular finish into the scenic Panorama Park in Deep Cove. Chocolate cake, a staple of this event, will be waiting at the finish line along with a tasty pasta salad and the usual bagels, cookies, fruit, cold drinks and hot coffee.

This document contains information about the race that you, racers, should know. Please read as part of your race day preparation.

## SCHEDULE OF EVENTS

### Race Day

07:00 am	Racer Check-in Opens – Iron Knee (at Cleveland Park)
07:00 am	Racer Check-in Opens – Tender Knee (at LSCR-Gazebo)
08:00 am	Race Start – Iron Knee
08:00 am	Race Start – Tender Knee
10:00 am	Awards – Tender Knee
11:00 am	Awards – Iron Knee

### Reminders:

- ✓ The start line is at different locations for each race.
- ✓ ALL racers must check-in 30 minutes prior to race start. This includes racers who picked up their race package on Friday.
- ✓ NO Dogs allowed on course.
- ✓ **Carry water and fuel.** There are some big climbs between some of the aid stations.

### Volunteers

Please remember to thank our wonderful volunteers for helping to make this a great event!

## COURSE INFORMATION

Course trails are open to everyone so keep an eye out for other runners, hikers and/or mountain bikes. The descent into Deep Cove is very popular with tourists and day hikers. Please be careful and call out if you are approaching hikers as not everyone is aware of trail etiquette.

Distance	Ascent	Decent	Hills	Race Start Time	Start Location
Iron Knee	990m	1,152m	↑ 45%   ↓ 52%   →3%	08:00 a.m.	Cleveland Park
Tender Knee	509m	702m	↑ 40%   ↓ 55%   →5%	08:00 a.m.	Gazebo at LSCR

### Cut-off Times

The course closes at 1 p.m.

### Aid Stations

There are five aid stations for the Iron Knee and two aid station for the Tender Knee. The first aid station at Mosquito Creek (Iron Knee only) will have water only. All other aid stations will have water, electrolyte drink, gels, chips, blocks or chews, cookies and other treats. First Aid supplies are available at every aid station.

Aid Station locations:

1. Mosquito Creek (Iron Knee only – water only)
2. Mountain Highway (Iron Knee only)
3. LSCR gazebo area (Iron Knee only)
4. Powerline & Mushroom (both races)
5. Indian River Road (both races)

### Race Bibs

Race Bibs must be visible on your front.

**Call out your bib numbers at all aid stations.** This is for safety reasons.

### Supplies to Carry

We do ask that racers carry some water and fuel. Yes, we have hydration and fuel at five aid stations, however, there is approximately 7K between the LSCR-Gazebo aid station and the aid station at the top of Powerline (longest climb...very hot in the sun).

### Marshals

Marshals are located at various points along the course to help keep you on track. Please listen to the marshals at street crossings. We are not allowed to stop traffic, so they are there to help you cross the road and keep you safe! There will be signage (and flagging) at intersections with no marshals.

## EVENT INFORMATION

### Package Pickup

- Friday, May 24<sup>th</sup>, at 5-7 p.m. at Forerunners North Shore, 980 Marine Drive, North Vancouver.
- Race Day (Saturday, May 25<sup>th</sup>) at your respective race start 30 minutes before your race start time.

### Race Day Check-in

**EVERYONE MUST CHECK IN 30 minutes before race start.** This is for safety reasons. If you do not check-in, it will be like you were never there.

### Dry Bags

- Dry bags, with a change of dry, warm clothes, may be dropped off at race start area.
- Please ensure your race number is marked on your dry bag.
- Do not leave valuables in your bags.

### Awards

- Awards will be presented for top three by gender, by event.
- Draw prizes – check for your name on the randomized draw prize list at the finish line.
- Every racer will receive a race souvenir at the finish line.
- Award times:
  - 10:00 a.m. for Tender Knee
  - 11:00 a.m. for Iron Knee

### Cup-less

All Foretrails Run Series events are now cup free events, meaning you'll need to pack your own container for fluids at aid stations and at the finish line. For example, a foldable cup or packable style bottle.

### Race Day Rules & Etiquette

We are a community minded event and want our racers, along with volunteers, family, friends and other community members who are enjoying the North Shore trails to have a great experience. To help us with this goal, please review our [Race Rules and Etiquette](#).

### Shuttle Bus

For those who have reserved a seat on the shuttle bus, there are two buses. Racers may park at Cove Cliff Elementary School and walk to the *NEW* pickup point at the North end of Deep Cove Road ([see map](#)). ***Please read the following carefully!***

06:25 a.m. – Iron Knee Racers – Bus #1 will depart for the Iron Knee start line at Cleveland Park.

06:35 a.m. – Tender Knee Racers – Bus #2 will depart for the Tender Knee start line at LSCR.

### Parking

Parking in Deep Cove is very limited, and the bylaw officers will be out in force. Parking is available at Cove Cliff Elementary School for racers and supporters ([see map](#)). It is a short walk to the finish line.

***Have a Great Race!!***