



The Phantom Run Race Information



Hello Phantom Run Racers!

With the Twin Bridge finally reopened we are back to the original Phantom route - almost! We have had to cut Circuit 8 from the route as the Parks Board no longer allows event to run on the Mount Seymour Trailway, or around Rice Lake. Not to worry though, there is still plenty of trail variety and hills (both up and down).

The long-range weather forecast is saying rain. As trail runners, we don't care. As race organizers, please come prepared for anything and bring some warm, dry clothes and shoes to change into after your race. We will have hot soup waiting for you at the finish line, along with bagels, peanut butter/cream cheese, cookies, oranges, bananas and hot beverages!





Following is information about the race that you, racers, should know. Please read as part of your race day preparation.

SCHEDULE OF EVENTS

Race Day

07:30 am	Racer Check-in Opens
08:30 am	25K Race Start
09:00 am	19.5K Race Start
10:00 am	12K Race Start
~Noon	All Events

Reminders:

-  If you haven't already donated online, please bring a cash donation for [The Harvest Project!](#)
-  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 may be 8K between some of the aid stations.

Volunteers

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

COURSE INFORMATION

Note for 2019: As noted earlier, we are back to the almost original route.

Distance	Ascent	Decent	Hills	Race Start Time	Course Map
25K Run	813m	815m	↑ 51.7% ↓ 43.2% → 5.0%	08:30 a.m.	Map & Description
19.5K Run	763m	765m	↑ 48.2% ↓ 44.6% → 7.3%	09:00 a.m.	Map & Description
12K Run	501m	507m	↑ 48.50% ↓ 44.1% → 7.4%	10:00 a.m.	Map & Description

Cut-off Times

The course closes at 1:30 p.m.

Aid Stations

NEW LOCATIONS FOR AID STATIONS! There are two aid stations in total. 25K and 19.5K racers will see an aid station twice and 12K racers once. 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. Twin Bridge (All distances) – approx. 8K into course
2. Cedar Mills & Lower Lynn Loop (25K & 19K) – approx. 16K along course

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

Supplies to Carry

We do ask that all racers carry some water and fuel as there are approximately 8K between aid stations with some big climbs and you may need the hydration and fuel.

Marshals

Marshals are located at various points along the course to help keep you on course. 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, November 15th, at 5-7 p.m. at Forerunners North Shore, 980 Marine Drive, North Vancouver.
- Race Day (Saturday, November 16th) at the 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 here.

Dry Bags

- Dry bags, with a change of dry, warm clothes and shoes, may be dropped off near the registration table at the race start.
- Please ensure your race number is marked on your dry bag.

Awards

- Awards will be presented for top three by gender, by event.
- Draw prizes. Please check the randomized list near the registration table following the race to see if you have won a prize!
- Every racer will receive a race souvenir at package pickup.
- Award times:
 - Noon for All distances.

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](#).

Hotel Nearby

The [Holiday Inn and Suites](#) is about 4K from the start & finish line.

Parking

- Please park in the OVERFLOW parking lot (off the main parking lot at the end of Lillooet Road).
- CARPOOLING IS RECOMMENDED.

Donations

The Phantom Run has always collected donations for the needy. If you haven't already donated online, we would appreciate it if you would bring cash donation to assist [The Harvest Project](#) in their work to "extend a hand up, not a hand out." Their mission is to help people who are experiencing challenging life circumstances by providing physical, emotional and spiritual support that empowers them to take positive steps in their lives.