

Fall Clinic 2020 – 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	10-12K	20-25K	42K
Sept 5 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 12 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 19 th 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 26 th Week #4	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.	7k	12K	20K
Oct 3 rd 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 10 th Orientation Run Week #6	8:30 @ Inter River Park , Drive down Inter River Park Drive (off Lillooet Road). Take the first left turn onto Premier St, then the first right into the parking lot. The start is near the bathrooms and the BMX track area. - Locator map . Translink : Route 239 Capilano University or Route 255.	10K	22K	34k
Oct 17 th Week #7	8:30 @ Cleveland Dam Park - Locator map . Take Capilano Rd North to Cleveland Park (in Cleveland Dam parking lot). Watch for parking restrictions in lot and/or on street. Translink : Route 232 or 236 to top of Capilano Road.	5K	11K	15K
Oct 24 th Hallow's Week #8	RACE DAY.	10K	22K	42K
Oct 31 st 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 7 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 14 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.