

# 2022 Spring Clinic Trailhead List

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

Date Saturday	Meeting Place/Route	13K	25K
Mar 26 <sup>th</sup> Week #1	8:30 @ <b>Lynn Headwaters Park</b> – <a href="#">Locator Map</a> . 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. Translink: Route 228. If pay parking in effect, you may park outside of park and walk into meeting area (approx. 1.2K)	6K	10K
Apr 2 <sup>nd</sup> Week #2	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.	7K	12K
April 9 <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	14K
Apr 16 <sup>th</sup> Week #4	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.	10K	17K
April 23 <sup>rd</sup> Week #5	8:30 @ <b>Berkley Road</b> - <a href="#">Locator map</a> . 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.	9K	15K
Apr 30 <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.	10K	18K
May 7 <sup>th</sup> Week #7	8:30 @ <b>Cleveland Dam</b> for all distances – <a href="#">Locator map</a> . Take Capilano Rd north Cleveland Dam Park. Park on the road or in the parking lot (WATCH FOR PARKING/TIME RESTRICTIONS)..	11K	20K
May 14 <sup>th</sup> <b>Orientation Run</b> Week #8	<b>Due to altered route for 2022, the Orientation run will start and finish at LSCR.</b> 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. TENDER KNEE will run the new route for 2022. IRON KNEE will run the new route for Tender Knee (2 <sup>nd</sup> half of Iron Knee) and then continue on B-P for an out & back to complete 22K.	13K	22K
May 21 <sup>st</sup> Week #9	8:30 @ <b>TBC</b> –. Stay tuned. We are changing meeting place due to restricted parking times at Lynn Canyon Park.	6K	9K
May 28 <sup>th</sup> <b>Iron Knee/ Tender Knee RACE DAY!</b>	<b>RACE DAY.</b> See Foretrails website for start locations and check-in times. <i>IRON KNEE ONLY</i> - Shuttle bus departs from Lower Seymour Conservation Reserve (finish line) at 6:30 a.m. to drop runners at Cleveland Park. <i>Note:</i> You must pre-book the shuttle bus. There are no guaranteed seats on race day.	13K	25K

On Race Day – please carry fuel and 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).