



Iron Knee/Tender Knee Race Information 2022

Second Notice



Hello Iron Knee/Tender Knee Racers!

The course is marked!! A big thank you to all the volunteers who helped complete this job!

Two new items and then the rest is from the first notice:

- 1) **Package pickup** is only for your race bib as race swag is being handed out at the finish line. We recommend that you pick up your bib race day morning (as you **must check-in** at the start), instead of making an extra trip to Forerunners Friday night (that is unless you need to pick up some supplies for race day). The store will be open until 6 p.m.
- 2) There are still 12 spots available on the **Shuttle Bus** from LSCR-Gazebo to Cleveland Park (Iron Knee start). Just send us an email at foretrails@forerunners.ca if you have already registered but would like to reserve a spot.

We are very excited about the 2022 Iron Knee/Tender Knee! While sad that we will not be finishing at Panorama Park in 2022 due to construction, we are excited to add a little extra challenge for our racers. Just when you thought you were finish climbing the infamous Powerline...you now turn left and continue uphill! Don't worry...you can do it! Please read the following carefully as they will affect the May 28th Iron Knee/Tender Knee.

START/FINISH LINE CHANGES

1. There is no change to the start locations. Tender Knee starts at LSCR and Iron Knee at Cleveland Park.
2. The finish line for both events is at the LSCR for 2022.

SHUTTLE BUS

1. We will be running a shuttle bus from LSCR to Cleveland Park for Iron Knee racers.
2. Tender Knee racers who purchased a shuttle bus ticket will have their fee returned at race check-in.
3. If you did not purchase a ticket for the shuttle bus but still need a ride to Cleveland Park, send us an email and we will let you know if there is space.

COURSE CHANGES

New maps reflecting the changes below have been updated on the [Foretrails](https://foretrails.com) website.

1. The first half of the **Iron Knee** course remains the same. There will be an aid station at the Gazebo area as normal. Once you refuel, you will be directed to continue down the Suspension Bridge Connector. Please do not cross the timing mats into the finish area.
2. The **Tender Knee** course and second half of the **Iron Knee** course have changed into a loop (or several) that bring racers back to the Gazebo. Don't worry, Powerline is still part of the course. In fact, you will be enjoying some great technical downhills and a little kick of a climb at the end.

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

Time	Item	Details
06:45 am	Shuttle Bus Departs Gazebo	Pick up at LSCR Gazebo roundabout for drop-off at Cleveland Park Will make a stop at Capilano University parking Lot #4 (be by driveway onto Lillooet Rd)
07:00 am	Racer Check-in Opens	LSCR for Tender Knee Cleveland Park for Iron Knee
07:50 am	Race Debrief	For 08:00 start
08:00 am	Race Start:	<ul style="list-style-type: none">• Iron Knee – Cleveland Park• Tender Knee - LSCR
Awards	See below	

Reminders:

- ✓ ALL racers must check-in 30 minutes prior to race start. This includes racers who picked up their race package on Friday.
- ✓ All racers must be at start line 10 minutes prior to race start for race debrief.
- ✓ NO Dogs allowed on course.
- ✓ **Carry hydration and fuel.** There is a lot of climbing and distance between some of the aid stations.

COURSE INFORMATION (2022)

The Iron Knee starts at Cleveland Park and the Tender Knee starts at the LSCR Gazebo.

Distance	Ascent	Decent	Terrain	Course Map
Iron Knee	1044m	1088m	↑ 49% ↓ 46% →5%	Map & Description
Tender Knee	598m	598m	↑ 45% ↓ 49% →6%	Map & Description

Cut-off Times

- The course closes at 1:00 p.m.

Aid Stations

There are four aid stations in total. Four for Iron Knee and one for Tender Knee. Aid stations will have water, electrolyte drink, gels, chips, gummies, cookies and other treats. First Aid supplies are available at every aid station.

Aid Station locations:

1. Mosquito Creek bridge at Baden-Powell trail (water only) (Iron Knee only)
2. Mountain Highway (Iron Knee only)
3. LSCR Gazebo (Iron Knee only)
4. Powerline at Mushroom trail intersection (all events)

Call out your bib numbers at all aid stations, except Mosquito Creek. This is MANDATORY for safety reasons.

Supplies to Carry

We ask that racers carry some water and fuel. There are big climbs and approximately 7K between some of the aid stations. You will 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.

Volunteers

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

EVENT INFORMATION

Package Pickup

- Race Bibs may be picked up on Friday, May 27th, at 5-6 p.m. at Forerunners North Shore, 980 Marine Drive, North Vancouver, however, ***we recommend you do this race day morning at the start line as you must check-in regardless.***
- Race Day (Saturday, May 28th) at the race start 30-45 minutes before your race start time.
- Race Swag will be given at the finish line for both events.

Race Day Check-in

EVERYONE MUST CHECK IN 30-45 minutes before race start, even if you did package pickup on Friday. 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.
- Bags dropped off at the Iron Knee start will be transported to the LSCR finish line.
- Please ensure your race number is marked on your dry bag.

Awards

- Awards will be presented for top three by gender, by event. Awards ceremony will take place shortly after the arrival of the top three in each gender.
- Draw prizes. Please check the randomized list near the registration table following the race to see if you have won a draw prize!
- Every racer will receive a race souvenir at the finish line.

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 3.5K from the Tender Knee start & Tender Knee/Iron Knee finish line a the LSCR Gazebo.

Parking

- CARPOOLING IS RECOMMENDED.
- There is reduced parking at the LSCR due to construction of a new education center.