

Hello Phantom Run Racers!

We are anticipating a great day of racing this year! Keep something crossed so we get eerily good weather again. The weather will be unpredictable, so please bring some warm, dry clothes and shoes to change into after your race. We will have hot vegetarian chili waiting for you at the finish line, along with bagels, peanut butter/cream cheese, cookies, oranges bananas, and hot beverages!

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

## NOTES FOR 2022

- **WAVE STARTS** – Due to volume of racers heading onto the course at the start, we are going to do wave starts for the 25K and the 12K. We will be letting groups of 40-50 racers start every 1 minute.
- Please place yourself in the first wave if you are racing for a podium finish. Time is from gun start.
- Friday Package Pickup at the store is from **noon to 5 p.m.**
- **LIMITED PARKING.** Please carpool

## 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
Top 3 M/F in	Awards 12K Race
Top 3 M/F in	Awards 19.5K Race
Top 3 M/F in	Awards 25K Race

### Reminders:

- 👻 The start/finish line is at the LSCR Gazebo.
- 👻 ALL racers must check-in 30 minutes prior to race start. This includes racers who picked up their race package on Friday.
- 👻 If you haven't already donated online, please bring a cash donation for [The Harvest Project](#).
- 👻 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

**All race distances start and finish by the Gazebo at the Lower Seymour Conservation Reserve (LSCR), North Vancouver.** Drive to the top of Lillooet Road and park just before the end of the road or in the overflow parking lot (gravel). Walk past the washrooms and Park Ranger gatehouse to the start/finish area.

Alternatively, park to the east of Lynn Valley creek and walk across the pipeline bridge to the start/finish line.

## The Phantom Run Race Information 2022

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Distance	Ascent	Decent	Hills	Race Start Time	Course Map
25K Run	813m	815m	↑ 51.7%   ↓ 43.2%   → 5%	08:30 a.m.	<a href="#">Map &amp; Description</a>
19.5K Run	763m	765m	↑ 48.2%   ↓ 44.6%   → 7.3%	09:00 a.m.	<a href="#">Map &amp; Description</a>
12K Run	501m	507m	↑ 48.5%   ↓ 44.1%   → 7.35%	10:00 a.m.	<a href="#">Map &amp; Description</a>

### Cut-off Times

The course closes at 1:30 p.m.

### Aid Stations – New Locations

There are three aid stations in total: three for the 25K and 19.5K and two for the 12K. 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. Baden-Powell and Fisherman's (all distances will pass this aid station)
2. Top of Homestead trail (all distances will pass this aid station)
3. Lower Lynn Loop at junction with Lynn Loop Connector (25K & 19.5K only)

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

### Supplies to Carry

Racers must carry some water and fuel. There are a few long stretches between some of the aid stations with some great 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 11<sup>th</sup>, from **noon to 5 p.m.** at Forerunners North Shore, 980 Marine Drive, North Vancouver.
- Race Day (Saturday, November 12<sup>th</sup>) 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, may be dropped off at race start area.
- 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. Check the randomized list to see if you are a winner.
- Every racer will receive a race souvenir at package pickup.
- Award times:
  - For 2022, awards will be presented once third place of category crosses 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.

### Fundraising

This is a fundraising event. We are donating food items to the Food Bank and cash to the Harvest Project in North Vancouver. Any donations are welcome.

### 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 in walking distance from the start & finish line.

### Parking

- PARKING IS LIMITED. You may want to park to the east of Lynn Valley creek and walk across the pipeline bridge to the start/finish line
- CARPOOLING IS RECOMMENDED.