

Winter Clinic 2023

Trailhead Meeting Places

Please arrive 15 minutes early, we will start running at 08:30 a.m. Dress appropriately for weather. **You must carry hydration & nutrition.** If you are not already wearing one-carry a jacket! Bring warm, dry clothes, extra pair of socks, for post run.

Date Saturday	Meeting Place/Route	15K	27-30K	Map Provided for add-on K's
Jan 7 th Week #1	8:30 @ @ Berkley Road – Locator Map . Follow Mount Seymour Parkway to Berkley heading North all the way to the end. Park near sports field at top of Berkley. Watch for parking restrictions. Translink: Route 214.	7K	11K	16K
Jan 14 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.	8K	13K	20K
Jan 21 st Week #3	8:30 @ Old Buck – Locator map . 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	16K	24K
Jan 28 th Week #4	8:30 @ Jaycee House , 1251 Lillooet Rd – Locator map . Take Lillooet Road just past turnoff to Capilano University. Will see riding stable on left at Inter River Park Drive. Park on street or down at soccer field. Translink: Route 239 Capilano University or Route 255.	10k	19K	27K
Feb 4 th Week #5	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.	9K	14K	20K
Feb 11 th Week #6	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.	13K	21K	30K
Feb 18 th Orientation Run Week #7	8:30 @ Inter River Park – Locator map . Take Lillooet Road just past turnoff to Capilano University. Will see riding stable on left at Inter River Park Drive. Park on street or down at soccer field. Translink: Route 239 Capilano University or Route 255.	15K	24K	34K
Feb 25 th Week #8	8:30 @ Jaycee House , 1251 Lillooet Rd – Locator map . Take Lillooet Road just past turnoff to Capilano University. Will see riding stable on left at Inter River Park Drive. Park on street or down at soccer field. Translink: Route 239 Capilano University or Route 255.	12K	21K	23K
Mar 4 th Week #9	8:30 @ TBC–. Stay tuned. We are changing meeting place due to restricted parking times at Lynn Canyon Park.	8K	11K	15K
March 11 th DIRTY DUO RACE DAY!	Inter River Park South Parking Lot – Locator map . Take Lillooet Road just past turnoff to Capilano University. Turn left onto Inter River Road, then take first and park in South parking lot on the right. Translink: Route 239 Capilano University or Route 255. CHECK RACE START TIMES.	15K	30K	50K

On Race Day – please carry water, nutrition & 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.