



Iron Knee/Tender Knee Race Information 2023



Hello Iron Knee/Tender Knee Racers!

We are very excited about the 2023 Iron Knee/Tender Knee! We are back to a point-to-point race, finishing at the scenic Panorama Park in Deep Cove. Chocolate cake, a staple of this event, will be waiting at the finish line along with some tasty treats, the usual bagels, cookies, fruit, cold drinks and hot coffee.

Following is information about the race that you, racers, should know. Please read as part of your race day preparation.

COURSE CHANGES

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

1. We are back to a point-to-point race for 2023 starting at Cleveland Dam Park for **Iron Knee** and the LSCR for **Tender Knee**.
2. The last leg of the race no longer goes through Quarry Point Park. Instead, we take trails skirting the park until we get to the bottom. Note: This part of the course is technical and a steep downhill.

DEEP COVE STREET CLOSURES

Be aware that road construction is underway in Deep Cove, causing traffic back-ups and reduced parking.

SCHEDULE OF EVENTS

Race Day

Time	Item	Details
06:10 am	Shuttle Bus Pickup	Pick up for transfer to start lines. See Shuttle Bus information below for details.
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 Iron Knee and Tender Knee
08:00 am	Race Start:	<ul style="list-style-type: none"> • Iron Knee – Cleveland Park • Tender Knee - LSCR
Awards	See below	

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Reminders:

- ✓ The start line is at different location for each race.
- ✓ 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 (2023)

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

Course trails are open to everyone so keep an eye out for other runners, hikers and/or mountain bikes. Please be careful and call out if you are approaching hikers as not everyone is aware of trail etiquette. The new descent into Deep Cove is very steep and technical.

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

Note: Course flagging trumps the [interactive map](#), so be aware when racing.

Cut-off Times

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

Aid Stations

There are five aid stations for the Iron Knee and two aid station for the Tender Knee. The first aid station at Mosquito Creek (Iron Knee only) will have water only. All other aid stations will have water, electrolyte drink, gels, chips, blocks or chews, pickles, cookies and other treats. First Aid supplies are available at every aid station.

Aid Station locations:

1. Mosquito Creek (Iron Knee only – water only)
2. Mountain Highway (Iron Knee only)
3. LSCR gazebo area (Iron Knee only)
4. Powerline & Mushroom (both races)
5. Indian River Road (both races)

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

Race Bibs

Race Bibs must be visible on your front.

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

Supplies to Carry

We do ask that racers carry some water and fuel. Yes, we have hydration and fuel at five aid stations, however, there is approximately 7K between the LSCR-Gazebo aid station and the aid station at the top of Powerline (longest climb...very hot in the sun).

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 Swag will be given at the finish line for both events.**
- Race Bibs may be picked up on Friday, May 26th, at 5-7 p.m. at Forerunners North Shore, 980 Marine Drive, North Vancouver, or on
- Race Day (Saturday, May 27th) at the race start 30 minutes before your race start time.

Race Day Check-in

EVERYONE MUST CHECK IN 30 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.
- All bags dropped off at the start (Iron Knee & Tender Knee) will be transported to the Panorama Park finish line.
- Please ensure your race number is marked on your dry bag.
- Do not leave valuables in your dry bags.

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. Depending on our supply we may have silicone cups available for purchase (\$10) at the registration table.

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](#).

Shuttle Bus

For those who have reserved a seat on the shuttle bus, please park at Cove Cliff Elementary School and walk to the *NEW* pickup point at the North end of Deep Cove Road ([see map](#)). There is one bus taking racers to the LSCR and Cleveland Park.

Loading begins at 06:10 a.m. **The bus will depart at 06:20 a.m. sharp.**

Parking – Deep Cove

- CARPOOLING IS RECOMMENDED.
- Parking in Deep Cove is very limited, and the bylaw officers will be out in force. Parking is available at Cove Cliff Elementary School for racers and supporters. Enter off Banbury Road or behind the school off Raeburn Street. It is a short walk to the finish line.

Parking – LSCR

- As per the LSCR event permit:
“NO PARTICIPANT OR SPECTATOR PARKING IN (LSCR) PUBLIC LOT. Cars parked along Lillooet Road will be towed at the owner’s expense.”

Have a Great Race!!