

Hello Phantom Run Racers!

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 soup or 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 should know. Please read as part of your race day preparation.

NOTES FOR 2023

- **WAVE STARTS** – Due to volume of racers heading onto the course at the start, we are going to do wave starts for the 25 km and the 12 km. 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.
- THURSDAY Package Pickup at the store is from **5-7 p.m.**
- **LIMITED PARKING.** Please carpool.

SCHEDULE OF EVENTS

Race Day

07:30 am	Racer Check-in Opens
08:30 am	25 km Race Start
09:00 am	19.5 km Race Start
10:00 am	12 km Race Start
Top 3 M/F in	Awards 12 km Race
Top 3 M/F in	Awards 19.5 km Race
Top 3 M/F in	Awards 25 km Race

Reminders

- 👻 The start/finish line is at the LSCR Lynn Canyon Park parking lot across from filtration plant.
- 👻 ALL racers must check-in 30 minutes before race start. This includes racers who picked up their race package on Thursday.
- 👻 If you haven't already donated, please bring a cash or food 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 at the Lynn Canyon Park parking lot at the Lower Seymour Conservation Reserve (LSCR), across from the filtration plant in North Vancouver. Drive about 3.5 km up Lillooet Road and park at the Lynn Canyon Park parking lot or the gravel lot across Lillooet Road.

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 2023

Distance	Ascent	Decent	Hills	Race Start Time	Course Map
25 km Run	813m	815m	↑ 51.7% ↓ 43.2% → 5%	08:30 a.m.	Map & Description
19.5 km Run	763m	765m	↑ 48.2% ↓ 44.6% → 7.3%	09:00 a.m.	Map & Description
12 km Run	501m	507m	↑ 48.5% ↓ 44.1% → 7.35%	10:00 a.m.	Map & Description

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 25 km and 19.5 km and one for the 12 km. 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. Suspension Bridge Trail near gazebo (25 km and 19.5 km only).
3. Lower Lynn Loop at junction with Lynn Loop Connector (25 km and 19.5 km 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

- Thursday, November 16, 2023 from **5-7 p.m.** at Forerunners North Shore, 980 Marine Drive, North Vancouver.
- Race Day Saturday, November 18 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, you won't get a finish time.

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 2023, 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, carry a foldable cup or packable style bottle.

Foodraising: Fundraising

This is a fundraising event. We are donating food items to the Food Bank and cash to the Harvest Project in North Vancouver. Bring a non-perishable food item and place it in the designated box.

Race Day Rules and 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 at the bottom of Lillooet Road.

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.