



Hallow's Eve Race Information 2025



Hello Hallow's Eve Racers!

We are anticipating a great day of racing this year. The weather will be unpredictable, so please bring some warm, dry clothes and shoes to change into after your race. We will have hot soup waiting for you at the finish line, along with bagels, peanut butter/cream cheese, cookies, oranges, bananas, hot coffee, hot chocolate and oh yes...can't forget the Hallow's Eve candy!





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


SCHEDULE OF EVENTS

Race Day – NEW START TIMES

06:30 am	Racer Check-in Opens
07:30 am	Marathon Race Start
08:00 am	Half Marathon Race Start
09:00 am	10K Race Start
Top 3 in (M&F)	Awards 10K Race
Top 3 in (M&F)	Awards Half-Marathon
Top 3 in (M&F)	Awards Marathon

Reminders:

-  The start/finish line is at Inter River Park. Pay parking may be in effect.
-  ALL racers must check-in 30 minutes prior to race start. This includes racers who picked up their race package on Friday.
-  NO Dogs allowed on course (unless this is your costume!)
-  **Carry hydration and fuel.** There are some big climbs between some of the aid stations.

 We will have an 07:00 a.m. start for marathoners who may need more time—**you MUST let us know in advance!**

COURSE INFORMATION

Race Route Alteration for 2025. Due to construction on the Lynn Canyon Suspension Bridge, we have had to make a small alteration to the first 3K to 5K section of the course for all distances. The distance remains, but there is less elevation gain as approximately 3-400 stairs to climb have been removed. Don't worry, they will be back next year.

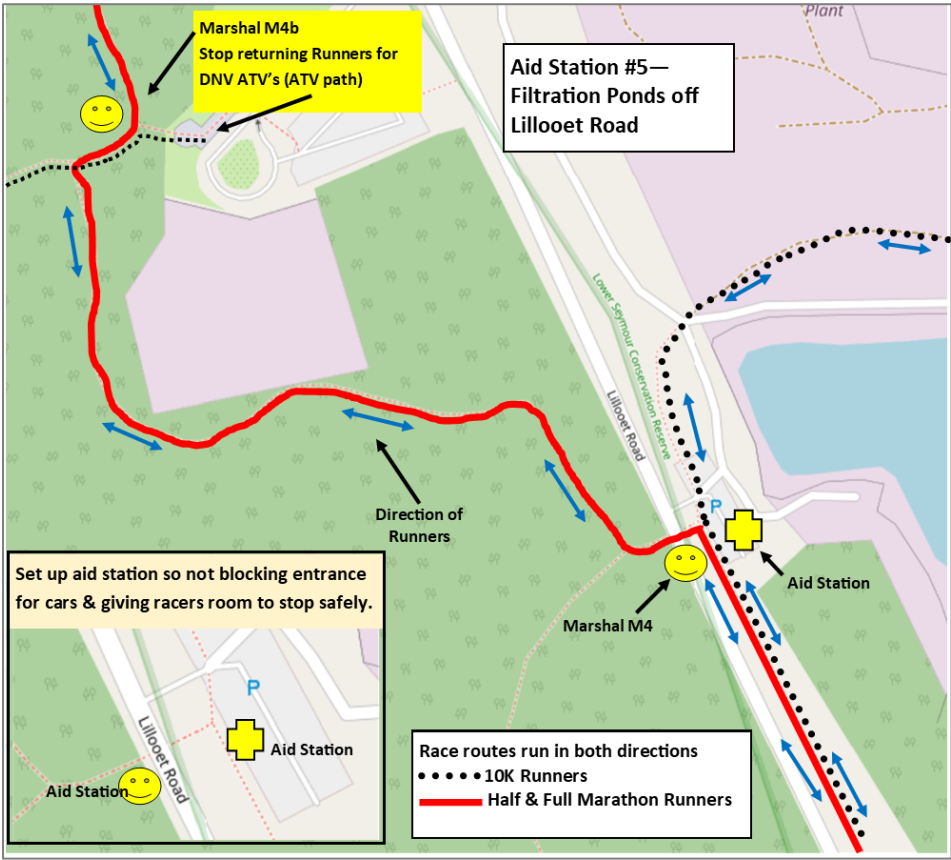
All distances will detour onto the Berm (see route maps). A picture of the aid station at the filtration ponds aid station is included below to show:

- 10K runners (black dots) keep right around the ponds head to the turnaround at the top of Homestead.
- Full & Half Marathoners (red line) will cross Lillooet Rd to head out onto the rest of the course which has not changed, except for marathoners who will now climb Jetboy instead of Skyline.

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- Full & Half Marathoners, on their return to the finish line, will be crossing a District of North Vancouver working path (see yellow highlight on map below). **The marshal at this location may ask you to stop to allow the DNV ATV vehicles go by. Please obey the marshal as we do not want any runners or DNV staff to have an accident.**



All race distances start and finish Inter River Park, North Vancouver. Drive down Inter River Park Drive (off Lillooet Road). Take the first left turn, then the first right into the parking lot. The start is near the bathrooms and the BMX track area. Carpooling is recommended.

Distance	Ascent	Decent	Hills	Race Start Time	Course Map
Marathon	1680m	1675m	↑ 49.5% ↓ 50.7% → 3.5%	07:00 a.m.	Marathon Map & Description
Half Marathon	800m	796m	↑ 48.7% ↓ 47.9% → 3.4%	08:00 a.m.	Half Marath Map & Description
10K Run	310m	305m	↑ 44.6% ↓ 50.0% → 5.4%	09:00 a.m.	10K Map & Description

Cut-off Times

There will be a cut-off time for the Marathon course at the Lynn Headwaters aid station. The cut-off time is noon. The Lynn Headwaters aid station is at approximately 24.5K.

Aid Stations

There are four aid stations in total: four for the Marathon, three for the Half Marathon and one for the 10K. 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. LSCR Filtration Ponds off Lillooet Rd (10K, marathon & half-marathon)
2. Lynn Headwaters at hiker sign-in bridge (crosses Lynn Creek) (marathon & half marathon)
3. Baden-Powell near Jetboy trailhead (marathon only)
4. Old Mountain Highway & Per Gynt (marathon only)

Calling out Bib Numbers – see Race Bibs below for instructions.

Supplies to Carry

1. **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.
2. **Silicon cup.** We are a cupless race at aid stations and the finish line. Bring your own silicon cup or packable water vessel. We will have silicon cups with handles available for \$5 at the package pickup table.
3. **Headlamps** may be necessary for marathoners as we have moved the start time up. It will be darker in the trails than at the start.

Race Bibs

Race Bibs must be visible on your front.

It is **MANDATORY** for safety reasons, to **call out your bib numbers as detailed below:**

- **Full & Half Marathoners must call out your bib numbers at all aid stations. MANDATORY.**
- **Half-Marathoners** must also call out their bib number to the marshal at the junction of Old Mountain Hwy & Upper Griffin.
- **10K runners** must call out their bib numbers at the turnaround point located at the top of Homestead trail.

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.

Continued...

Noted under Race Route Alterations above, Full & Half Marathoners, on their return to the finish line, will be crossing a District of North Vancouver working path (see yellow highlight on map). **The marshal at this location may ask you to stop to allow the DNV ATV vehicles go by. Please obey the marshal** as we do not want any runners or DNV staff to have an accident.

Volunteers

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

EVENT INFORMATION

Package Pickup

- Friday, October 24th, at 5-7 p.m. at Running Room 2601 Westview Drive, North Vancouver.
- Race Day (Saturday, October 25th) at the race start 45 minutes before your race start time.

Note: for 2025 only, we are allowing late registration at Friday Package Pickup (Not Race Day). See the website for payment details.

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, may be dropped off at race start area.
- 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.
- Every racer will receive a finisher medal at the finish line.

Cup-less

All Trail Whisperer Race 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. There will be *one* emergency cup at aid stations, but you will have to share with everyone else who forgot their silicone cup...YUCK!

We will have silicone cups available for purchase (\$5) 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](#).

Navigation and Live Tracking

[RunGo](#) navigation and live tracking, for racers and spectators, is free for the Hallow's Eve event. The [Instructions](#) for use.

Hotel Nearby

The [Holiday Inn and Suites](#) is in walking distance from the start & finish line.

Parking

- ***There is limited parking near the start line & pay parking may be in effect.***
- CARPOOLING IS RECOMMENDED.
- Racers are asked NOT to park at the equestrian center or Jaycee House. You will be towed.

Our Sponsors

Thank you to all our sponsors for their support. Your generosity help make our races successful, happy events for both our racers and volunteers.



Have a Great Race!!