

Jaycee, Diamond, Berm, Suspension 9 km Loop

Getting There

Take Lillooet Road north, park near 1251 Lillooet Road. (Watch for Inter River Park Drive on left. Can park down by soccer field.)

Trailhead

- Start at Jaycee House.

Jaycee to Diamond Trail

- Head north on path on left side of Lillooet Road.
- Go straight through cemetery.
- Take short bark mulch trail, keep left.
- Just past LSCR yellow gate, turn LEFT onto trail.

Diamond Trail

- Take SECOND obvious turnoff to left and look for yellow diamond marker on tree. (Diamond Trail is well marked.)
- Follow Diamond Markers to come to junction at Baden-Powell.
- Turn RIGHT toward Lillooet Road on Baden-Powell.

Regroup

Baden-Powell

- At Lillooet Road, cross road and find berm (hill on other side).

Berm Trail

- Turn LEFT along berm trail to head toward filtration plant.
- Follow it to detour sign at filtration plant.
- ****Cross Lillooet Road.**
- Veer right in detour trail to arrive on Suspension Bridge trail to gazebo.

Gazebo

- Stretch at gazebo, regroup.

Regroup

Suspension Bridge Trail (return route)

- Turn around and head back into Suspension Bridge trail.
- Take SECOND marked turnoff to right, head down hill.
- At the turnoff to the Suspension Bridge, keep **straight** onto Baden-Powell. Continue on B-P toward Twin Falls (do not cross bridge).

- Follow boardwalk that runs through marsh. Power hike to **post** at the top of the climb. (Marker 0.5 km to Lillooet Road.)
- Turn **LEFT at post**.
- **Watch for turnoff to right.** *Regroup*

Diamond Trail

- Follow diamond markers.
- At T-junction near Lillooet Road, turn RIGHT.
- At Lillooet Road, turn right, go through cemetery.
- Take path back to Jaycee House.

Stretch, do drills!!!!

Refuel every 45 min with your water: gels, bars, Fig Newtons, potatoes, Fruit Source, Sharkies (really important). Carbs: 0.5 g per pound body weight per hour.

Cross Training

Developing your quads and glutes through weight training and cycling (either on a stationary bike or mountain bike) will give you more power when running uphill and more strength late in the race. Also, you'll strengthen the ligaments and muscles around your knee, protecting it from torque-related injuries or sprains.

Weights: Doing sets of squats, hamstring curls, quadriceps extensions and calf raises will help you the most. If your gym has a Butt Blaster machine, try it out. It imitates the leg movement of uphill running by isolating the glutes and upper leg muscles.

Cycling: Mimic the running motion by standing up in the saddle when climbing hills. Mountain biking is also a great way to scout out new trails, as you're able to stay out longer with less effort.

Sponsors

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