

Trail List Fanatic Clinic (goal is trail marathon)

Meet at 8:30 am. All times approximate. **Please carpool with a friend.**

Date	Route	Range of time
Mar 28	NSA briefing , ~30 minutes. Hyannis Drive. Take 13 th St, turn right to Grand, turn right down Grand, left on Keith, it becomes Mtn Hwy at bottom of hill. Cross trestle bridge, 90 degree corner, turn left on Fern at lights. At Superstore, keep right onto Mt Seymour Parkway to Berkley Road, turn left on Berkley to T-junction at Hyannis. Park beside baseball park. Route: Hyannis connector, Powerline, Bottle Top, Fisherman's, Homestead, parking lot, Twin Bridges trail, Fisherman's, Bridle Path back to Hyannis Drive.	50 min to 1:30
Apr 4	Grouse Mtn parking lot. Route: Grouse to LSCR return.	2-3 hr
Apr 11	Deep Cove. Meet in parking lot in Panorama Park. EARLY START 7:30 Route: adventure run Deep Cove to destination. Bring one camera for group.	2.5-3.5 hr
Apr 18	Lynn Canyon. Lynn Valley Road, turn right on Peters Road. Meet in parking lot. Route: Lynn Canyon loop starting at and returning to Suspension Bridge. Cross bridge, right to T-junction, left to gazebo, down Twin Bridges, Mystery Creek, Powerline, Bridle to B-P, Hyannis Drive, Hyannis connector, Bridle boardwalk down switchback, Fisherman's to Homestead, gazebo to Suspension Bridge trail.	3-4 hr
Apr 25	Hyannis Drive. Take Mt Seymour Parkway to Berkley Road, turn north on Berkley to Hyannis. Park beside baseball park. Route: Hyannis connector, Bottle Top, Fisherman's, Mystery Creek, full Powerline, Baden-Powell, down Old Buck, Bridle.	3-4:15
May 2	LSCR. Take Lillooet Road north, 3 km past Capilano University to parking lot at end of road. Meet in parking lot. Route: Suspension Bridge trail, Baden-Powell, Fisherman's, Mystery Creek, Powerline, Bridle, Baden-Powell, down Good Samaritan, Bridle, Powerline, Bottle Top, Fisherman's, Homestead to gazebo.	3:30-4:45
May 9	LSCR. Take Lillooet Road north, past Capilano College to parking lot at end of road. Meet in parking lot in demo forest (LSCR). Route: gazebo, Varley, Headwaters Trail, gazebo, Twin Bridges, Fisherman's, Baden-Powell, Lillooet Road, Baden-Powell/Suspension Bridge, gazebo.	4-5:15
May 16 (Aid Stn)	Mosquito Creek. Meet at top of Prospect Road (off Montroyal Blvd). VERY limited parking. Mosquito Creek to Deep Cove return. Aid stn at LSCR.	4-5:30
May 23	Deep Cove parking lot in Panorama Park. Route: Baden-Powell to destination return. Out and back.	4:15-6
May 31	Iron Knee race day	2:15-3:30
June 6	Cleveland Dam. Partial race route for Summer Solstice.	4:15-6:30
June 13	Lynn Headwaters. Up Lynn Valley Road into park. Overflow lot #1	2-3 hr
June 21	Race Day!!	4-7 hr

Carry water for all runs based on time "out there", not distance.

Carbs--refuel with carbohydrate-rich foods like gels, bars, fig newtons, Calamata figs, Accelerade, potatoes, Ensure, Boost, Sharkies, etc. Electrolytes--experiment with electrolyte replacement drinks like Eload, Thermolyte tablets, GU20, to replace sodium and potassium. Bars should be easily digestible ones, without peanuts and without high fibre content.

Sponsors:

North Shore Athletics 1200 Lonsdale Avenue, North Vancouver. 604-990-6888 www.northshoreathletics.com

Moveo Sport and Rehab #101-135 East 15th St North Vancouver, 604-984-8731 <http://moveo.ca/>

Accelerade Protein-enhanced sports drink www.accelerated.com/