

Trail List Iron Knee Clinic (goal is 25 km)

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

Date	Route	Range of time
Mar 26	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 2	LSCR. Take Lilloet Road north, 3 km past Capilano University to parking lot at end of road. Carpool to base of Grouse on Capilano Road. Route: Grouse to Lynn Headwaters on race route, Headwaters connector, Rice Lake, LSCR finish.	1 hr to 1:50
Apr 9	Deep Cove. Meet in parking lot in Panorama Park. Carpool to Mt Seymour picnic area (past Baden-Powell sign, just past sign for no liquor in park, turn right). Route: adventure run Bring one camera for group.	1:15 to 2 hr
Apr 16	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.	1:30 to 2:30
Apr 23	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.	1:30 to 2:45
Apr 30	LSCR. Take Lilloet 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.	1:45 to 3 hr
May 7	Cleveland Park. Take Capilano Road north past the dam and look for Cleveland Park on the right side of the road (Nancy Greene Way at that point). Park on street or park at dam and walk up. Route: out and back Skyline, Baden-Powell, Mtn Highway, Roadside Attraction, King of the Shore, Baden-Powell.	2 hr to 3:30
May 14 (Aid Stn)	Meet at Deep Cove parking lot in Panorama Park. Carpool Deep Cove to top of Prospect Road (off Montroyal Blvd). VERY limited parking. Route: Mosquito Creek aid station to Deep Cove.	2 hr to 3:30
May 21	Deep Cove parking lot in Panorama Park. Tapering. Route: Baden-Powell to Mushroom return. Out and back.	1 hr to 2 hr
May 29	Race Day!!	1:50 to 4 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.accelerade.com/

Steed Cycles 969 Marine Dr North Vancouver, 604-987-2168 <http://steedcycles.blogspot.com/>

Drymax socks