

Trail List Tender Knee Clinic (goal is 12 km)

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

| Date | Route | Approx. km |
|--------|--|------------|
| 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, Mystery Creek, Fisherman's to B-P, up to Hyannis Drive. | 5 km |
| Apr 2 | LSCR. Take Lillooet Road north, past Capilano College to parking lot at end of road. Route: Twin Bridges trail, Homestead, gazebo, Rice Lake second gate, return. | 6 km |
| Apr 9 | Deep Cove. Meet in parking lot in Panorama Park. Carpool Deep Cove to Old Buck parking lot off Mt Seymour Road. From Deep Cove, take Mt Seymour Pkwy, turn right on Mt Seymour Road. Take first left after Indian River Road toward Northlands Golf Course. Parking lot is on your right. Park on street or in parking lot. Route: Old Buck to Deep Cove. Adventure run: bring one camera for each group. | 6.5 km |
| Apr 16 | Lynn Canyon. Take Lynn Valley Road, 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, Homestead, gazebo to Suspension Bridge trail, right to 30 foot pool, left to return to bridge. | 7 km |
| Apr 23 | Hyannis Drive. Take Mt Seymour Parkway to Berkley Road, turn north on Berkley to Hyannis. Turn left on Hyannis, park on street. Route: Hyannis connector, full Powerline, down Baden-Powell, down Old Buck, Bridle, Baden-Powell back to Hyannis. | 9 km |
| Apr 30 | 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, Suspension Bridge trail, Baden-Powell, Fisherman's, Homestead to gazebo. | 8 km |
| May 7 | Grouse Mtn. Take Capilano Road north to Grouse Mtn, park in parking lot on your RIGHT , and farthest down near start of Skyline trail. Route: out and back Skyline, Baden-Powell. | 10 km |
| May 14 | Meet at Deep Cove parking lot in Panorama Park. Carpool Deep Cove to LSCR. (Mt Seymour Pkwy to Lillooet Road north, past Capilano College to parking lot at end of road. Meet in parking lot in demo forest LSCR.) Route: LSCR to Deep Cove full race route. | 12 km |
| May 21 | Deep Cove parking lot in Panorama Park. Route: Baden-Powell to Mt Seymour Road return. | 6 km |
| May 29 | Race Day!! | 12 km |

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