

Twin Bridges Trail to Homestead 6 km Loop

Getting There

Follow Lillooet Road 3 km past Capilano University and cemetery, to the end of the road and park in the parking lot on your right (no other choice).

Trailhead

- Start at parking lot.

Twin Bridges Trail

- Go through parking lot with construction fence on your right.
- Take trail to junction at Twin Bridges Trail (wide, looks like a service road).
- Turn right on Twin Bridges Trail and follow it all the way to the bridge.

Fisherman's Trail

- Turn **LEFT** before the bridge and stay on Fisherman's till you reach the gate at Homestead.

Tip -Eat Before and After!!

Have breakfast (easily digested foods) before a Saturday run. This will give you "fuel" for about an hour. After that, start refuelling with high-carb foods like gels on your run.

After the run, eat foods rich in carbs and protein.

Carbohydrates=energy.

Protein=recovery.

Homestead to Twin Bridges Trail

- Power hike up Homestead. (Time yourself to compare the next time you do it.)
- At the gate, cross Twin Bridges Trail and find the trail you took from the parking lot.
- Go through the parking lot to the gazebo.

Rice Lake Gate

- Turn right at the gazebo to go by the Learning Lodge, veer left on trail.
- Go to **second** Rice Lake gate, turn around and return the same way.

Parking Lot

- Stretch.

Carry Water!

Every 2% loss in hydration leads to 10% loss in performance.

Types of water carriers:

- **Single water bottle at back.**
- **Double water bottle at back.**
- **Fuel belt with many small bottles.**
- **Camelback/hydration pack.**
- **Hand-held bottles.**

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/>