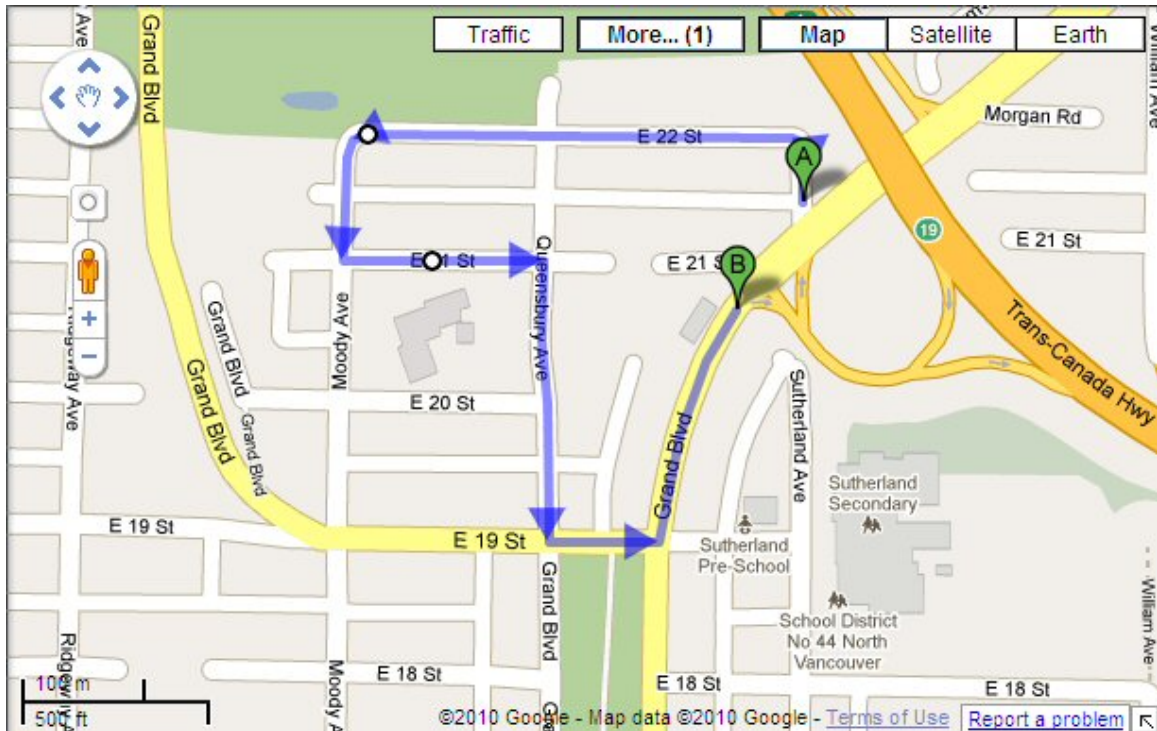


## East 22<sup>nd</sup> Street Hill Climb North Vancouver



To get there: head north on Grand Blvd from 19<sup>th</sup> Street and before the highway, head left to get to E 22<sup>nd</sup> St.

Warm up: short, easy run on Grand Blvd to warm up.

Start location: bottom of hill on E 22<sup>nd</sup> St.

Route: up 22<sup>nd</sup> Street hill to Moody, left on Moody, left down 21<sup>st</sup> Street, right on Queensbury and left on 19<sup>th</sup> to Grand, then along to start location on 22<sup>nd</sup>. Take 2 minute break.

Do 3 loops if short course or 4 loops for intermediate.