



Trail List for Dirty Duo 15 km Clinic

Start Time: 8:30 a.m. at trailhead. Contact: Heather 604-990-9815.

Please arrive at 8:25 so we can start at 8:30 a.m. Bring warm up clothes, extra pair dry socks, wet weather gear and water belt/hydration pack.

Date	Route	Distance
Sat Jan 14	North Shore Athletics briefing, ~30 minutes. After briefing, we drive to Hyannis Drive. Follow Mount Seymour Pkwy to Berkley. Turn left onto Berkley and head north all the way to the end of the street till it becomes Hyannis Drive. Park near sports field at top of Berkley.	7 km
Sat Jan 21	Lynn Canyon Park. Drive north on Lynn Valley Road, turn right on Peters Road, continue into park. Meet in Lynn Canyon Park parking lot.	7 km
Sat Jan 28	Parkgate Community Centre. Take Mount Seymour Parkway to the intersection of Mt Seymour Road. Head north about one block and a half and turn left into the community centre on Banff Court. Park near the library.	8 km
Sat Feb 4	Jaycee House 1251 Lillooet Road. Take Lillooet Road just past turnoff to Capilano University. Will see riding stable on left at Inter River Park Drive. Park on street or down at soccer field.	9 km
Sat Feb 11 Orientation Run	Lower Seymour Conservation Reserve. Take Lillooet Road just past turnoff to Capilano University. Continue into park, about 3 km. Go to final parking lot on right at end of road.	10 km
Sat Feb 18	Jaycee House. 1251 Lillooet Road. Take Lillooet Road just past turnoff to Capilano University. Will see riding stable on left at Inter River Park Drive. Park on street or down at soccer field.	12 km
Sat Feb 25 Orientation Run	Jaycee House. 1251 Lillooet Road. Take Lillooet Road just past turnoff to Capilano University. Will see riding stable on left at Inter River Park Drive. Park on street or down at soccer field.	15 km
Sat Mar 3	Lynn Headwaters Regional Park. Take Lynn Valley Road to very top, into park. Meet at Lynn Headwaters overflow parking lot #1.	7 km
Sat Mar 10	Race day!	15 km

*Feb 11 and 25 are also orientation runs for others who want to join us (free), bring your friends. Race times for 15 km vary from 1:11-2:06.

On race day, if you cannot do the race, please come out as a volunteer. Your presence has a huge impact.

Carry water, carpool

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/>

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

Price Smart Foods (Capilano Mall) <http://www.pricesmartfoods.ca/index.html>

Drymax Socks. <http://www.drymaxsocks.com/index.php>

Personal trainer: Nicola Gildersleeve <http://ngildersleeve.blogspot.com/>