

Trail List for Intermediate Summer Clinics

Race Goals: Frosty 13 km or 5Peaks Enduro 15.5 km

Date	Location	Intermediate
Aug 7	North Shore Athletics briefing , ~30 minutes. Lynn Headwaters Regional Park. Take Lynn Valley Road heading north. Go up all the way to the top into the park. Park in overflow lot #1.	1-1:30
Aug 14	West Vancouver . Take Caulfield Exit #4. Turn left onto Westport road . At the 4-way stop, go straight through and follow Westport road for about 1 ½ km. Follow Westport under the highway and park in the small gravel lot on your right-hand side (there is a bike path and Trans Canada Trail sign in the parking lot). This is start of Knee Knacker race. Carpool if possible.	1:30 to 1:45
Aug 21	Cleveland Dam in North Vancouver . Take Capilano Road north and watch for LEFT turnoff into the dam parking lot. If you reach Grouse Mtn you have gone too far.	1:30-2:00
Aug 28	Parkgate Community Centre, near library . 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. Park near the library.	1:45-2:30
Sep 4 long weekend	Mount Cypress . Take Cypress exit, go all the way to the top to parking lot. Pay parking \$3. Carpool to Westport Road. Intermediate : Howe Sound Crest Trail.	2:00-2:30
Sep 11	Lower Seymour Conservation Reserve . Take Lillooet Road north into park, about 3 km after Capilano University. If tapering for Frosty, do short run today. If training for 5Peaks, do longer run today.	1-1:30 2-2:30
Sep 18 (Sat)	Frosty Mtn Race. 13 km in Manning Park . Hwy 1 to Hope, then take Hwy 3 to Manning Park. Turn right at far end of Manning Park Lodge, then continue straight on road to left fork to get to Lightning Lake day use parking lot. Allow 2.5 hours to get there. Pay parking in loonies and quarters only. http://www.trailwhisperer.ca/frostymountain/frostymountain.htm	13 km
OR	OR Taper for 5Peaks Buntzen Lake race . Meet at Parkgate Community Center. 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.	
Sep 25 (Sat)	Buntzen Lake Race Day. 15.5 km . Enduro - This year's course will be a combination of the Buntzen Lake Trail and the Diez Vistas. You will start (south) along the Diez Vistas - Spanish for 10 views. From .5km to 3km you will climb all of the 460m, then you will drop back down to the lake over the next 4.5km. The run back to the finish line is a fast & rolling 6km. Sport course starts in the same direction runs around Buntzen Lake. http://www.5peaks.com/schedule.asp?p=bc&raceid=193	15.5 km

carry water, please carpool