

Trail List for Summer Short Course Clinic (8:30 a.m.)

Trail List to train for:

- Frosty Mtn 13 km race Sep 18 or
- 5Peaks Buntzen Lake Sport Course 11 km Sep 25

Date	Location	Approx km
Aug 7	<p>1. North Shore Athletics briefing, 1200 Lonsdale ~30 minutes. Receive booklet.</p> <p>2. 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</p>	5 km
Aug 14	<p>West Vancouver. Take Caulfield Exit #4. <i>Turn left onto Westport road.</i> At the 4-way stop, go straight through and follow Westport road for about 1.5 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.</p>	6 km
Aug 21	<p>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.</p>	7 km
Aug 28	<p>Parkgate Community Centre, near library (North Vancouver). 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.</p>	8 km
Sep 4 long weekend	<p>Mount Cypress in West Vancouver. Take Cypress exit, go all the way to the top to parking lot. Pay parking \$3. Loonies and quarters. Advanced group carpools to Westport Road. Intermediate and Short Course stay on Cypress.</p>	9 km
Sep 11	<p>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.</p>	10 km
Sep 18 OR	<p>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.</p> <p>http://www.trailwhisperer.ca/frostymountain/frostymountain.htm</p> <p>OR</p> <p>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.</p> <p>http://www.5peaks.com/schedule.asp?p=bc&raceid=193</p>	13 km
Sep 25	<p>5Peaks Buntzen Lake Race Day. 11 km. Sport course runs around Buntzen Lake.</p> <p>http://www.5peaks.com/schedule.asp?p=bc&raceid=193</p>	11 km

carry water, please carpool