



2024 Spring Clinic Trailhead List

8:30 am

Please arrive by 8:15. Bring warm-up clothes, extra pair of socks, wet weather gear, fuel and hydration pack.

Date Saturday	Meeting Place/Route	13 km	25 km
Apr 6 Week #1	Lower Seymour Conservation Reserve . Locator map . Take Lillooet Road to parking lot on LEFT just before the filtration plant, marked as Lynn Canyon Park. Translink: Route 228 Lynn Valley/Lonsdale Quay, at Dempsey Rd, go north a few metres to Rice Lake Rd. Turn right onto Rice Lake Rd to bridge, cross bridge, walk up hill to parking area.	6 km	10 km
Apr 13 Week #2	Old Buck – Locator map . Take Mt Seymour Parkway to Mt Seymour Rd, turn North. Pass Banff Court (on left) and take first left onto Anne MacDonald Way. Park on street. Translink: Route 211 Phibbs/Seymour or Route 215 Phibbs/Indian River. Or park at Parkgate Park and hike up.	7 km	12 km
April 20 Week #3	Lower Seymour Conservation Reserve . Locator map . Take Lillooet Road to parking lot on LEFT just before the filtration plant, marked as Lynn Canyon Park. Translink: Route 228 Lynn Valley/Lonsdale Quay, at Dempsey Rd, go north a few metres to Rice Lake Rd. Turn right onto Rice Lake Rd to bridge, cross bridge, walk up hill to parking area.	9 km	14 km
April 27 Week #4	Berkley Road - Locator map . Take Mount Seymour Parkway to Berkley Road. Turn North on Berkley to Hyannis Drive. Park beside sport field on Berkley. Do not park on Hyannis Drive. Translink: Route 214.	9 km	15 km
May 4 Week #5	Cleveland Park for all distances – Locator map . Take Capilano Road north past the dam to Cleveland Park. Park at the dam, on the road or in the parking lot at the park. WATCH FOR PARKING/TIME RESTRICTIONS. Translink Routes: 232, 236 or 247.	11 km	20 km
May 11 Week #6	<i>Orientation Point to Point</i> Tender Knee: Deep Cove . Park at Myrtle Park or any side street not in Panorama Park lot. Or get dropped off at LSCR at parking lot on left side of Lillooet Rd across from filtration plant . Carpool to LSCR on Lillooet Road. Orientation run to Deep Cove. Iron Knee: Deep Cove . Park at Myrtle Park or any side street not in Panorama Park lot. Or get dropped off at Prospect Road . Carpool to top of Prospect Road (off Montroyal Blvd). VERY limited parking. Orientation run to Deep Cove.	13 km	22 km
May 18 Week #7	Berkley Road - Locator map . Take Mount Seymour Parkway to Berkley Road. Turn North on Berkley to Hyannis Drive. Park beside sport field on Berkley. Do not park on Hyannis Drive. Translink: route 214.	6 km	9 km
May 25 Iron Knee/ Tender Knee RACE DAY!	RACE DAY . See Foretrails website for start locations and check-in times. SHUTTLE BUS - Shuttle bus departs from Panorama Park (finish line) at 6:15 a.m. to drop runners at LSCR for Tender Knee and Cleveland Park for Iron Knee. <i>Note: You must pre-book the shuttle bus. There are no guaranteed seats on race day.</i>	13 km	25 km

On Race Day – carry fuel and water and carpool. If you are not doing the race, please come out as a volunteer. Your fellow runners will really appreciate it! For information, email foretrails@forerunners.ca.