

Please arrive at 8:15 a.m. so we can start running at 8:30 a.m. Dress appropriately for weather. **You must carry hydration and nutrition.** If you are not already wearing one, carry a jacket. Bring warm, dry clothes, extra pair of socks, for post run.

Date Saturday	Meeting Place	Short	Medium	Long
Jan 20 Week #1	Berkley Road – Locator map . Follow Mount Seymour Parkway to Berkley heading north all the way to the end. Park near sports field at top of Berkley. Watch for parking restrictions. Translink: Route 214.	7 km	11 km	16 km
Jan 27 Week #2	Lynn Canyon Park - Locator map . Drive north on Lynn Valley Road, turn right on Peters Road, continue into Lynn Canyon Park. Meet in <i>lower parking lot</i> . (No pay parking in winter.) Translink: Route 228 Lynn Valley/Lonsdale Quay.	8 km	13 km	20 km
Feb 3 Week #3	Old Buck Trailhead – 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.	9 km	16 km	24 km
Feb 10 Week #4	Jaycee House , 1251 Lillooet Rd – Locator map . 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; do not park at Jaycee. Translink: Route 239 Capilano University or Route 255.	10 km	19 km	27 km
Feb 17 Week #5	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.	10 km	15 km	30 km
Feb 24 Week #6	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.	13 km	21 km	30 km
Mar 2 Week #7	Jaycee House , 1251 Lillooet Rd – Locator map . 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; do not park at Jaycee. Translink: Route 239 Capilano University or Route 255	12 km	21 km	30 km
Mar 9 Orientation Run Week #8	Jaycee House , 1251 Lillooet Rd – Locator map . 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; do not park at Jaycee. Translink: Route 239 Capilano University or Route 255	15 km	24 km	34 km
Mar 16 Week #9	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.	8 km	11 km	20 km
March 23 DIRTY DUO RACE DAY	Jaycee House , 1251 Lillooet Rd – Locator map . 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. Translink: Route 239 Capilano University or Route 255. CHECK RACE START TIMES.	15 km	25 km	50 km

On Race Day, please carpool, carry water and nutrition. If you are not doing the race, please come out as a volunteer. Your presence has a huge impact. For information, email foretrails@forerunners.ca.