

## Trail List Iron Knee Clinic (goal is 25 km) for 2017

Start Time: 8:30 a.m. at trailhead. Please arrive at 8:15 so we can start at 8:30 a.m. Bring warm up clothes, extra pair of socks, wet weather gear and water belt/hydration pack.

Detailed routes are posted on the [Foretrails Clinic page](#).

Date	Route	Range of time
Mar 18	<b>Forerunners 980 Marine Drive</b> briefing and introductions, ~20 minutes. After briefing, we drive to Lynn Canyon Park. <b>Lynn Canyon Park.</b> <a href="#">Locator map</a> . Drive north on Lynn Valley Road, turn right on Peters Road, continue into Lynn Canyon Park. Meet in first parking lot on left. Translink: Route 228 Lynn Valley/Lonsdale Quay.	50 min to 1:30
Mar 25	<b>OLD BUCK.</b> Take Mt Seymour Parkway to Mt Seymour Road, turn north. Just past Banff Court on left, continue to next left. Turn left onto Anne MacDonald Way and park on street. Translink: Route 211 Phibbs/Seymour or Route C15 Phibbs/Indian River.	1:15 to 2:00
Apr 1	<b>Lynn Canyon Park.</b> <a href="#">Locator map</a> . Drive north on Lynn Valley Road, turn right on Peters Road, continue into Lynn Canyon Park. Meet in first parking lot on left. Translink: Route 228 Lynn Valley/Lonsdale Quay.	1:30 to 2:30
Apr 8	<b>Berkley Road.</b> Take Mt Seymour Parkway to Berkley Road, turn north on Berkley to Hyannis. Park beside sports field on Berkley. Translink: route 214.	1:30 to 2:45
Apr 15	<b>Lower Seymour Conservation Reserve.</b> <a href="#">Locator</a> . Take Lillooet Road past turnoff to Capilano University. Continue into park, about 3 km. Go to final parking lot on right at end of road. 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.	1:45 to 3:00
Apr 22	<b>Cleveland Park.</b> Take Capilano Road north past the dam and look for Cleveland Park on the right side of the road (Nancy Greene Way at that point). Park on street or park at dam and walk up.	2:00 to 3:30
Apr 29	<b>Deep Cove</b> Park on street leading down to Deep Cove 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.	2:00 to 3:30
May 6	<b>Lynn Canyon Park.</b> <a href="#">Locator map</a> . Drive north on Lynn Valley Road, turn right on Peters Road, continue into Lynn Canyon Park. Park in first parking lot on left and WALK down paved road on right to get to covered picnic area. Translink: Route 228 Lynn Valley/Lonsdale Quay.	1:00 to 2:00
May 13	Race Day.	1:50 to 4:00

Carry water for all runs based on time "out there", not distance.

Note that Deep Cove has serious parking issues for locals, so we plan to meet outside Panorama Park. Do NOT Park in Panorama Park.