

LSCR, Twin Bridges and Circuit Eight 6.5 km

Getting There

Take Lillooet Road past Capilano University and cemetery up into the Lower Seymour Conservation Reserve park. At end of 3 km road, find parking lot marked as Public Parking on your right.

Trailhead

- Find the gazebo.

Twin Bridges

- Head to parking lot, go west past the filtration plant gate to the top of Twin Bridges Trail.
- Turn right down Twin Bridges trail.
- At bottom, turn LEFT onto Fisherman's Trail.

Fisherman's Trail to Circuit 8

- Stay straight on Fisherman's Trail.
- Go past Homestead Trail (marked).
- Keep going straight.
- About 1 km along, watch for a trail leading up on your LEFT (Circuit 8 bike trail).

Circuit 8

- Turn left and start steep climb.
- Keep LEFT (pass turnoff to switchback on your right) and you reach a fork.
- Keep left at fork.
- Stay on main trail which veers right.
- Cross first road. Find trail on opposite side.
- Continue on Circuit 8 and you come to another road.
- Turn LEFT on road.

Road to Gazebo

- Follow road about 1.2 km and find the gazebo.
- Stretch in picnic area.

Stretch

Stay Strong Exercise for Ankles

Towel scrunches.

Sitting in a chair, place a hand towel underneath your forefoot and your heel placed firmly on the floor behind it. Use your toes to scrunch the towel as far as possible. Repeat three times on both sides. *Source: Trail Runner magazine March 2007*

Downhill running

1. It's easy to overstride because you are moving with gravity. Overstriding makes you land harder and with more force, which will wear you out faster. To prevent this, use a shorter stride with increased frequency.
2. Lean forward and go with gravity. Leaning back stresses your back and slows you down.
3. Excessive braking raises your risk of injury.
4. Keep your feet under your body, not reaching out in front of you.
5. Stand tall from your chest with your arms tucked in.
6. Keep your chin slightly down and tucked in so you can watch where you're going.
7. Lower your centre of gravity by bending your knees slightly to absorb the shock.
8. Aim for a cadence of 100 steps/minute.

"What Goes Up Must Come Down" first appeared in the 2010 March/April Running Issue of IMPACT Magazine