

LSCR, Lynn Canyon, Homestead, Circuit 8 Loop ~12.5 km

Getting There

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

Trailhead

- Find the gazebo.

Suspension Bridge Trail to Baden-Powell

- Head into Suspension Bridge Trail (post).
- Take right turn toward Suspension Bridge (next turn after trail to 30 Foot Pool).
- At bottom, keep **straight** toward Twin Falls. You are now on Baden-Powell.
- Follow boardwalk that runs through marsh. Power hike to fork at the top of the climb, turn **LEFT** to stay on B-P. **Marker** indicates 0.5 km to Lillooet Road.
- Cross Lillooet Road and find the Baden-Powell trail across the road.
- Take first **LEFT** turn onto Richard Juryn bike trail.

Richard Juryn to Berm

- Follow Richard Juryn bike trail to top of hill.
- Head down at **left** fork.
- **At post**, take next left down to berm.
- At berm at Lillooet Road, turn **RIGHT**.
- Follow berm to just before filtration plant.
- Regroup at small parking lot just before filtration plant.

Water Trail

- Turn right and the fence is on your right. Go straight to junction.
- At junction, turn **LEFT** to get to Water Trail (which veers right by a pond and sign). You arrive at Twin Bridges Trail.
- Turn **LEFT** to go short ways to find the top of Homestead.

Homestead Trail

- Go down Homestead.
- At T-junction at bottom, turn **LEFT**, to get onto Fisherman's.

Fisherman's to Circuit 8

- Stay on Fisherman's about 1 km; watch for turnoff to **LEFT** (there may be a little cairn by the trail opening).

Circuit 8

- Go left up Circuit 8 (watch for bikes).
- Near the top of the rise, the trail forks; go **RIGHT along the ridge**.
- Watch for **FIRST LEFT TURN**.
- Turn left and you come to a Y-fork.
- Keep **RIGHT**.
- Stay on main trail which veers right. You come out on first paved road.
- Cross road, continue on same trail on opposite side. You next come out on Seymour Valley Trailway at post marked with Circuit 8 sign.

Rice Lake

- Turn **RIGHT** and take first trail into Rice Lake on your left.
- Follow Rice Lake trail (half the way around) to get to Headwaters Connector.
- Return to picnic area near gazebo to stretch.

Stretch

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