

Trail List for Short Course Clinic—The Phantom Run and Hallow's Eve 2017

Start Time: Saturday 8:30 a.m. at trailhead. Please arrive at 8:25 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.

Routes are posted on foretrails.com/clinics

Date	Route	Approx Distance
Sat Sep 9	8:30 FORERUNNERS BRIEFING 980 Marine Drive~30 minutes. 9:00 we carpool to Lower Seymour Conservation Reserve . Locator . Take Lillooet Road past turnoff to Capilano University. Continue about 3 km into park. Go to final parking lot on right at end of road.	5 km
Sat Sept 16	Lower Seymour Conservation Reserve . Locator . 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.	6.5 km
Sat Sept 23	Lynn Canyon Park . Locator map . 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.	7 km
Sat Sept 30	Cypress Mountain (Howe Sound Crest Trail out and back). From Hwy #1 in West Vancouver, take Cypress exit, go all the way to the top to parking lot. If you are taking bus, carpool from Park Royal South parking lot behind White Spot at Marine and Taylor Way.	8 km
Sat Oct 7 TBD	TBD	
Sat Oct 14 Orientation for Hallow's Eve	Jaycee House . 1251 Lillooet Road. 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 Univ. or Route 255.	8 km
Sat Oct 21 [new]	Berkley Road . Follow Mount Seymour Pkwy to Berkley. Turn onto Berkley and head north all the way to the end of the street. Park near sports field at top of Berkley, NOT on Hyannis Drive. Translink: Route 214.	9 km
Oct 28 (Sat) Hallow's Eve race (free)	Jaycee House . 1251 Lillooet Road. 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 Univ. or Route 255. Clinic will be given coupon code to register online.	10 km
Sat Nov 4 Longest run, Orientation	Lower Seymour Conservation Reserve . Locator . 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.	12 km
Sat Nov 11	Lynn Canyon Park . Locator map . 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.	5 km
Nov 19	PHANTOM RUN RACE DAY!! LSCR	12 km

On race day, if you cannot do the race, please come out as a volunteer. Your presence has a huge impact. For information, email Ken at ken.greenaway@forerunners.ca **Carry water, carpool.**

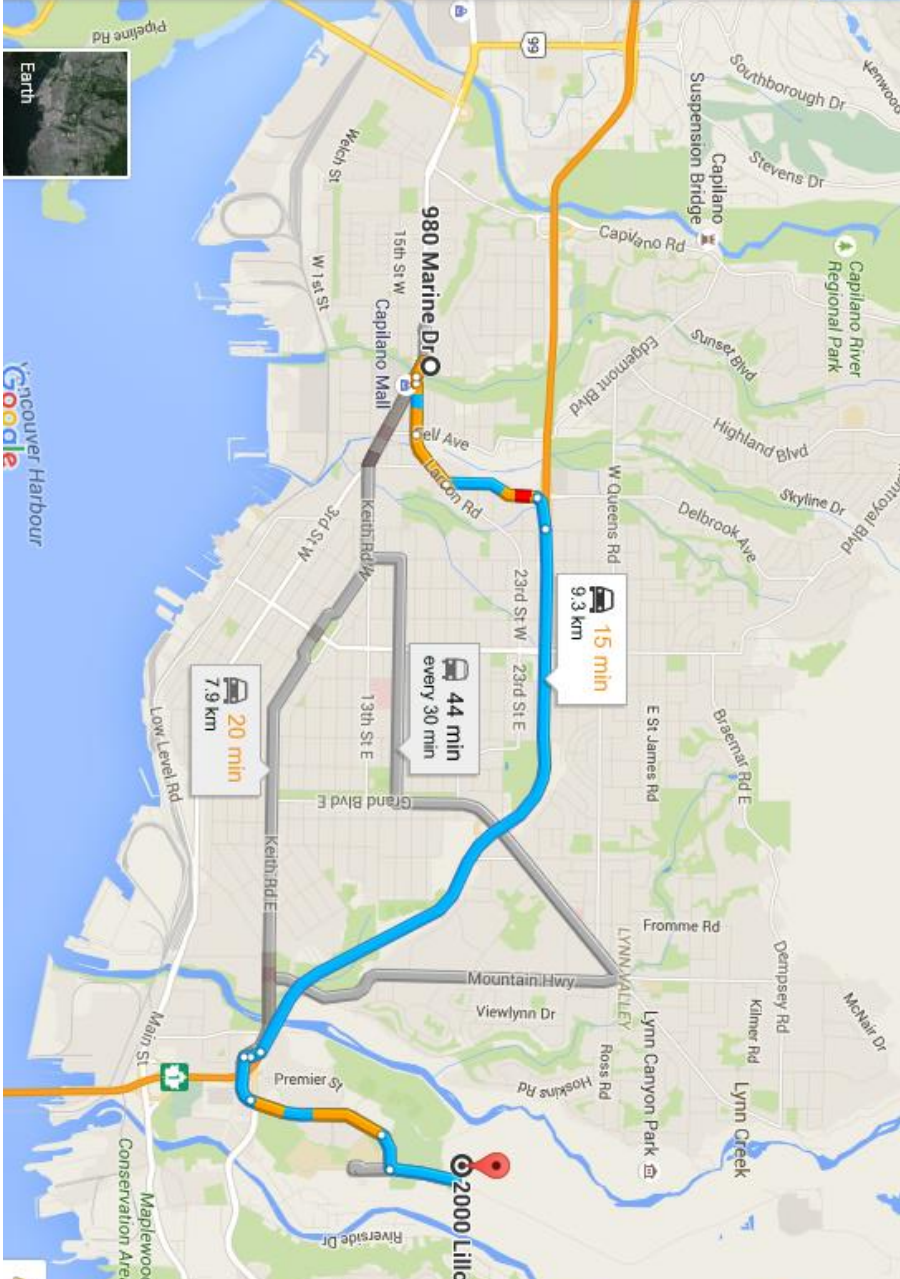
Driving directions

via Trans-Canada Hwy/BC-1 E **15 min**
12 min without traffic · [Show traffic](#) 9.3 km

980 Marine Dr
North Vancouver, BC V7P 3C4

- Get on Trans-Canada Hwy/BC-1 E in North Vancouver from 16th St W, Larson Rd and Westview Dr 5 min (2.0 km)
- Follow Trans-Canada Hwy/BC-1 E to Fern St in North Vancouver. Take exit 22 from Trans-Canada Hwy/BC-1 E 4 min (5.1 km)
- Drive to Lillooet Rd 4 min (2.2 km)

2000 Lillooet Rd
North Vancouver, BC V7J 2H9



These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or traffic parameters while driving.