



Vancouver Cemetery to the trails. Keep left around the small parking lot you will enter the trailhead keeping right then left onto Diamond trail.

It is a nice winding run along Diamond trail towards Lynn Canyon. A right turn at the T-junction brings you onto Baden-Powell taking you in the direction of the Seymour River. You will cross Lillooet Road and then head down the switch backs to the pipeline footbridge across the river. Check out the river as you cross as there are sometime kayakers traversing the rapids under the bridge.

After the bridge you begin a nice undulating run along the Seymour River on Fisherman's trail. At approximately one kilometer you will come to the first aid station. **Aid Station #1.** Do not forget to give your bib number to the marshal with the checklist.

The first real climb begins up Bridle Path. It is a winding trail from which you will hear the rushing water of Mystery Creek. Keep left at the top as Bridle Path joins Hyannis trail for a short stint. The steep part of the climb is over, but you are still ascending.

At the next T-junction, you will turn right to continue onto Bridle Path. This can be a busy trail so keep an eye out for walkers, bikes, and dogs. This trail undulates through the forest where green buds on the trees are announcing the arrival of spring. You will cross a bridge and arrive at the "big rock," meeting up with Baden-Powell trail. Go left to get to the big kiosk.

It is a tricky junction at the kiosk, so listen to the marshal. From the kiosk, cross the trail and start up Applicator making an immediately right turn onto Slippery Salamander. You will parallel Bridle Path trail for a short distance. The Salamander is a switchback trail that looks like a lizard from above. Stay on this trail until you T-junction with Bridle Path. It is a quick left onto Bridle, followed by a quick right onto Sticks & Stones. This is a rocky, rooty trail that twists and turns its way down and around back to Bridle Path. Cross Bridle Path and continue along Sticks & Stones.

You are going to weave your way through several trails to get to C-Buster. From Sticks & Stones, turn right onto Cardiac Bypass (T-junction). Almost immediately, turn left onto Academy Climb. At the top, turn right onto Rapid Transit. Keep straight across the intersection with Applicator. You are now on Rapid Transit Connector. Turn right at the next T-junction onto C-Buster.

Follow C-buster until you come to a split in the trail (uphill and downhill only bypass). Keep right onto Pussyfoot, the climbing bypass. The trail name is on the ground before you enter. You will join back with C-Buster – turn right. The next junction is the start of two trails used as one-way trails by the mountain bikers. You want to get onto Penny Lane and can do so by climbing past the old tree stump then turning right. Penny Lane crosses over Short Scrotum and ends at the intersection with Severed-D. Mountain bikers named these trails! Watch for bikes coming down Severed-D before you cross.

The trail now becomes Good Sir Martin which is a great switchback trail for a running ascent to Baden-Powell. Continue uphill on Baden-Powell (left). Keep climbing as Baden-Powell turns into Mushroom trail. You will pass under the powerline on your climb. When you are at the top of Mushroom you will find an aid station. **Aid Station #2.** Take on hydration and nutrition and make sure the marshal has your bib number recorded.

Turn left at the aid station for the start of a long descent. Upper Dale's turns into Dales and will meet up with the Powerline trail further down the mountain. Cross Powerline and continue your descent down Forever After trail. One of the better downhill trails. It may seem like forever, but you will come to a T-junction with Bridle Path. Turn right and follow Bridle a short way to another T-

junction with the Hyannis Connector. Turn right on the Hyannis Connector heading towards Powerline.

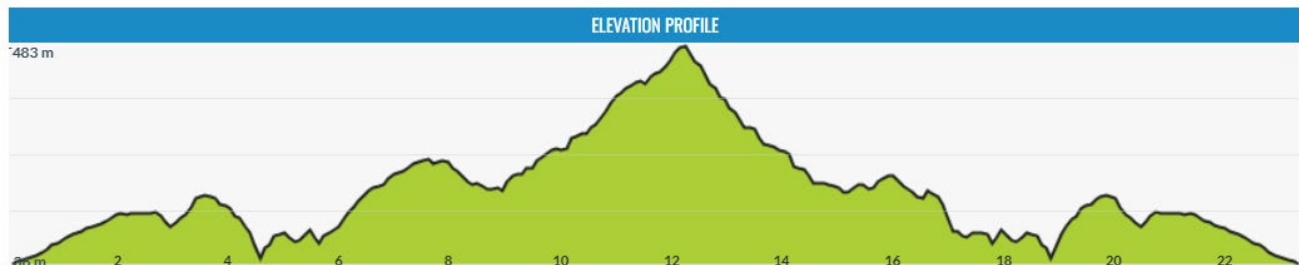
At the end of the Hyannis Connector, look up to see the Powerlines for a third time. Turn left and cross the Mystery Creek bridge. You will find a trail on the right that takes you into Greenland and Bottletop. It is a beautiful run through technical trails. Stay straight at the first intersection to keep on Greenland. As you come into a small gully you will want to continue straight up the other side. Keep right at the clearing on the top to find the top of Bottletop. Now the fun descent down the technical trails of Bottletop begins. Mountain bikes use this trail, but you will be faster coming down. There is a steep gully on your right as you descend so do not stray off the trail.

Bottletop puts you back at the Seymour River and Fisherman's trail. Turn left to head south on Fisherman's back to the aid station. **Aid Station #1.** Take on hydration and nutrition and make sure the marshal has your bib number recorded.

Continue south on Fisherman's. You are now heading back to the finish line with a different view of the trails you began on. You are reversing your earlier descent by climbing the switchbacks on Baden-Powell after you cross the pipeline foot bridge. Stay on Baden-Powell, crossing Lillooet Road. At the first T-junction, you will turn left onto Diamond and continue running along the winding trails. Keep right around the small parking lot at the end of Diamond, heading into the cemetery. If it feels easy, it is. You are descending a false flat all the way back to the finish line.

Do not forget to turn right onto Inter River Drive. Stay on the north sidewalk down the hill and cross the street with the marshal. Keep right, then left on the trail by the parking lot. Take the first left onto Richard Juryn with a speedy downhill to across the finish line. Great race! Now you can enjoy the hearty soup and other goodies.

Elevation Profile



25K Run Course

Ascent—982m

Descent—982m

Hills—↑ 49.2% | ↓ 46.5% | → 4.2%

