



10K Hallow's Eve Course Description

The Hallow's Eve 10K course¹ takes you through the scenic trails of the north shore mountains. There is a variety of terrain with groomed and technical trails. A couple of climbs that will get your cardio working and great downhill sections.

Hallow's Eve starts and finishes at Inter River Park near the entrance to the Lower Seymour Conservation Reserve park. The race begins by leaving the parking lot and heading north uphill on the Richard Juryn trail. At the T-junction turn left and follow trail down the hill to the gravel service road by the river. Turn right onto the roadway and head towards Sea-to-Sky trailhead. Beware this is a dog off-leash area – do not get knocked over by exited dogs. When the roadway turns, keep straight (left) onto the Sea-to-Sky trail. You will stay on this beautifully undulating trail for a few kilometers.

You will arrive at a T-junction with a post. Turn left and head down the stairs (yes, you are coming back up these stairs – bonus). You are now on Baden-Powell where you will run along boardwalks through the marsh.

The first bridge you come to is Twin Falls bridge. Turn right and head up the stairs. Do not go over the bridge. Keep heading up the stairs and trail until you come to the junction for the Lynn Valley Park Suspension bridge. Turn left towards the bridge and then turn right almost immediately to stay on the boardwalk and down the stairs. Do not cross the bridge and watch for other trail users.

At the end of the stairs you will come to a T-junction. Keep right and run alongside Lynn Valley Creek. As you arrive at 30' pool you will notice a bunch of stairs...going up of course. Head on up and at the top turn left to run along a chain link fence. At the next T-junction, turn right and head



¹.NOTE: Do NOT use the course description for course navigation. Changes to the course can happen right up to race day depending on weather and trail conditions. The race course will be well marked with pink and black striped flagging tape, pink flags, signs, and marshals at key intersections.

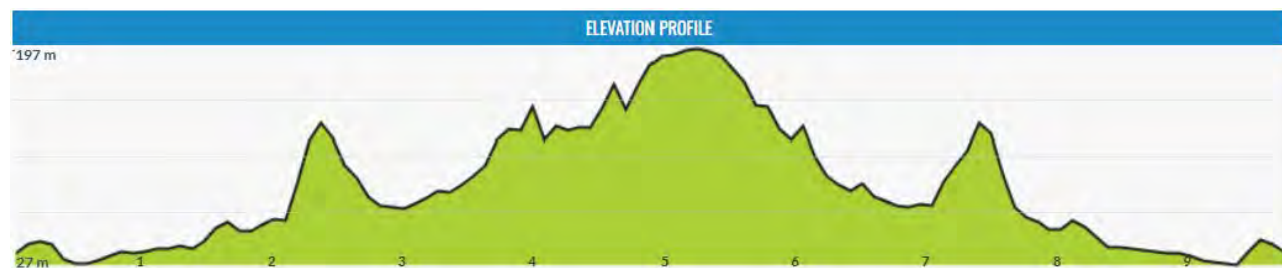
up the gravel service road. Do not cross the Pipeline Bridge unless you are planning on doing the half or full marathon. At the top of the hill is your first and only **Aid Station** (Aid Station #5). Do not forget to call your bib number out to the marshal with the checklist so we know you came by.

After replenishing you will head to the right (South) along the Suspension bridge connector trail. Enjoy the flat, nice wide trail. Keep straight and at the end of the trail follow it to the right. You will keep right and head down the hill towards the Suspension Bridge junction. At the junction keep to your left to head back towards the finish line. You are now back on Baden-Powell.

Turn left at the Twin Falls bridge to go into the marsh. Do not cross the bridge. Enjoy your run through the marsh along the boardwalks and get ready for the next set of stairs. You can do it! At the top of the stairs turn right to get back onto the Sea-To-Sky trail. Watch your footwork through the roots and rocks.

You will come out onto the gravel service road by the river. Keep straight (right) and follow the roadway back to the post where you will turn left. This is a short, steep jaunt to get back to the finish line. At the next T-junction, turn right and get ready to look great for the cameras. Great race! Now you can enjoy the hearty soup and other goodies.

Elevation Profile



10K Course

Ascent—398m

Descent—397m

Hills—↑ 44% | ↓ 51% | → 5%

