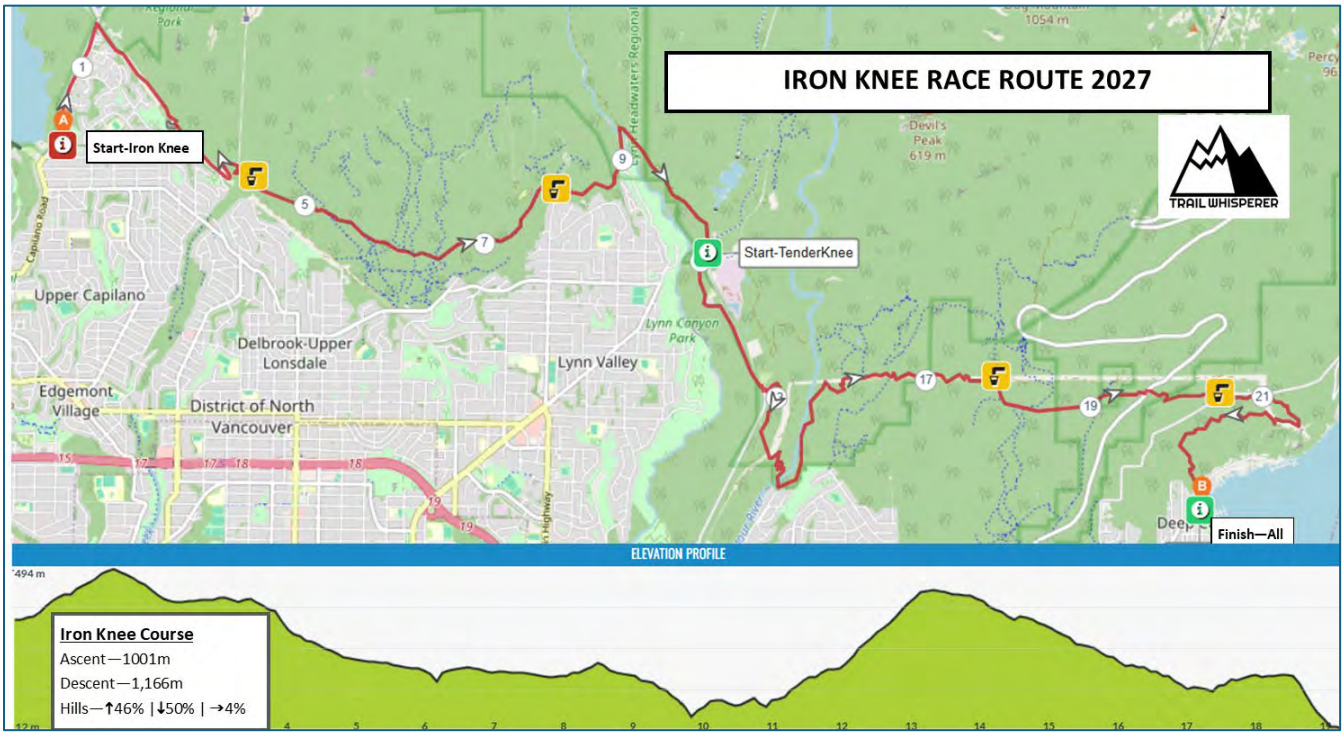
Iron Knee Course Description

The Iron Knee point-to-point course[1] takes you through the scenic trails of the north shore mountains starting near Cleveland Dam and finishing in Deep Cove. There is a variety of terrain in this undulating course that will get your cardio working. Whether up or downhill you will find both groomed and technical trails that are challenging and fun to run.



Iron Knee starts at Cleveland Park (just across the street from Cleveland Dam) and finishes in Panorama Park, Deep Cove. You will have a short jaunt around Cleveland Park before starting the climb up Nancy Greene Way to the bottom of Grouse Mountain. You will definitely be warmed up before turning right and heading along a service road just below the parking lot where enthusiasts start their hill practice on the Grouse Grind or the BCMC. Don't worry, at the end of the service road a marshal will be directing you through a gate and onto the Skyline/Powerline trail heading away from Grouse Mountain.

This section of the course continues the ascent, but on a much more doable grade. Keep an eye out to your right for a view of Vancouver and it's surrounding waterways. The last gate takes you onto Skyline Drive. You will continue up the road and through the S-curve to the top before entering the Baden-Powell trail on the right. **Aid Station #1** is at this junction (water only). Do not forget to give your bib number to the marshal with the checklist before heading down the steep, short hill, turning left at the bottom and continuing down to Mosquito Creek.

[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.racecourse.will.be.well.marked.with.pink.and.black.striped.flagging.tape?pink.flags?signs?and.marshals.at.key.intersections¡

After crossing Mosquito Creek bridge, you will make a sharp left turn and begin the undulating part of Baden-Powell. Don't be fooled, Baden-Powell is not flat. Keep your eyes and ears open for local trail users and mountain bikes. Remember to call out "on your left" before passing a fellow trail user. The trail begins to descend as it nears the Mountain Highway crossing. Follow the **hikers** trail across the steel and wooden footbridge. It will come out on a gravel road at the top of Mountain Highway. **Aid Station #2.** Take on hydration and nutrition and make sure the marshal has your bib number recorded before crossing the road and continuing along Baden-Powell trail.

You will descend a whole bunch of stairs before coming to Lynn Valley Road where you will turn left. Watch for cars! Follow the road into Lynn Headwaters Park (washrooms in the picnic area), cross the bridge and turn right to follow the Lynn Headwaters Connector for approximately 1.6K to the Gazebo and **Aid Station #3.** Take on hydration and nutrition and make sure the marshal has your bib number recorded.

Head onto the Suspension Bridge Connector trail. This is a nice flat, wider section of trail that will allow racers to spread out before heading into the narrow connector trail. After a short distance watch for a Y-junction (just past parking lot on left and before going downhill). This is the connector trail to Lillooet Road. When you arrive at Lillooet Road, follow the marshal's instructions for crossing the road safely. Turn right onto the Berm and follow it for approximately 0.9K.

Turn left onto Camp Brick Bypass which winds its way uphill to the T-junction with Richard Juryn trail. This is the first climb of the day to warm your legs up. Turn right at the T-junction and ascend Richard Juryn keeping right at the rock face. Follow this trail to Baden-Powell.

Turn left and follow Baden-Powell down some pretty switchbacks to a pipeline bridge across the Seymour River. There is a short, steep climb up to Fisherman's trail where you will turn left and follow it along the Seymour River to the T-junction with Mystery Creek trail. This is the start of the climb to the top of Powerline. Mystery Creek is a taste of what is to come. At the top, head through a gate and turn left onto Powerline (look up, they are overhead). Keep straight on Powerline. Keep left after you cross the bridge at the actual Mystery Creek. Settle in for a great climb.

You.made.it when you arrive at **Aid Station #4** at the junction of Powerline and Mushroom. Take on hydration and nutrition and make sure the marshal has your bib number recorded. Turn right onto Mushroom and stay straight as it merges with Baden-Powell. Enjoy a long downhill stretch. At the bottom of this stretch, Baden-Powell joins with Old Buck. Turn left and then quickly right to get back onto Baden-Powell. Do not go downhill on Old Buck. Obey the marshal at Mount Seymour Road. They will help you cross safely as cars and cyclists zoom down the road. Washrooms are located on the right before entering the Baden-Powell trailhead.

You now have a gradual descent with a few uphill sections as you follow Baden-Powell. The next crossing is Indian River Road and **Aid Station #5** (water only). Make sure the marshal has your bib number recorded. After crossing the road, you will turn left and then right to get back onto Baden-Powell. Follow this trail all the way to Quarry Rock lookout. As you come out of the trail you will turn right onto the service road. If you haven't seen the view from the lookout, take a second to go left for a few feet to see the fantastic view. Make sure you get back onto the service road. Do NOT enter Quarry Rock Park.

At the next intersection, turn left into the trail, then right at the next T-junction. You will now be on Cove Runner/Rain Dancer trail. This skirts the top of Quarry Rock Park and avoids the 500+ stairs. You will turn left onto Panorama Creek trail (marshal Alaia with direct you). Be careful as this is a steep, technical trail that may be slippery in very dry or very wet conditions. At the bottom you will

come to Baden-Powell trail. Turn right and descend the stairs. Note: This section of the trail may be busy. Please respect all trail/park users and share the trail.

You will come out between two houses. A marshal will help you cross Panorama Drive. You will turn right along the sidewalk, the left down a paved path to the finish line where the chocolate cake is waiting! Great race!!

Elevation Profile



Iron Knee Course
Ascent—1,001m
Descent—1,166m
Hills—↑ 46% |↓ 50% | →4%

TRAIL WHISPERER