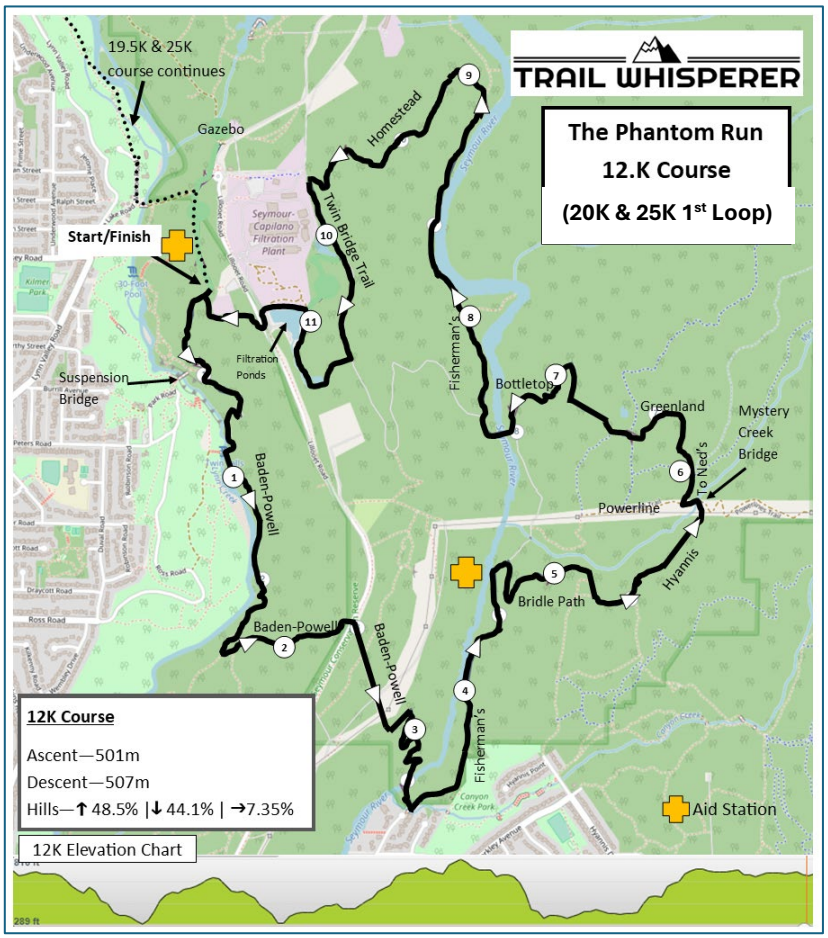
20K The Phantom Run
Course Description

The Phantom Run's 20K course[1] 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.

The Phantom Run starts and finishes at the Lynn Canyon Park parking lot in the Lower Seymour Conservation Reserve across from the filtration plant on Lillooet Road in North Vancouver. There are two maps. The 12K course map is also the first loop for the 20K and 25K races. The second map (next page) shows the second part of the 20K and 25K routes.



The race begins by leaving the parking lot, turning left and heading south along the Suspension Bridge Connector trail. Keep right and head down the hill towards the junction for the Suspension Bridge.

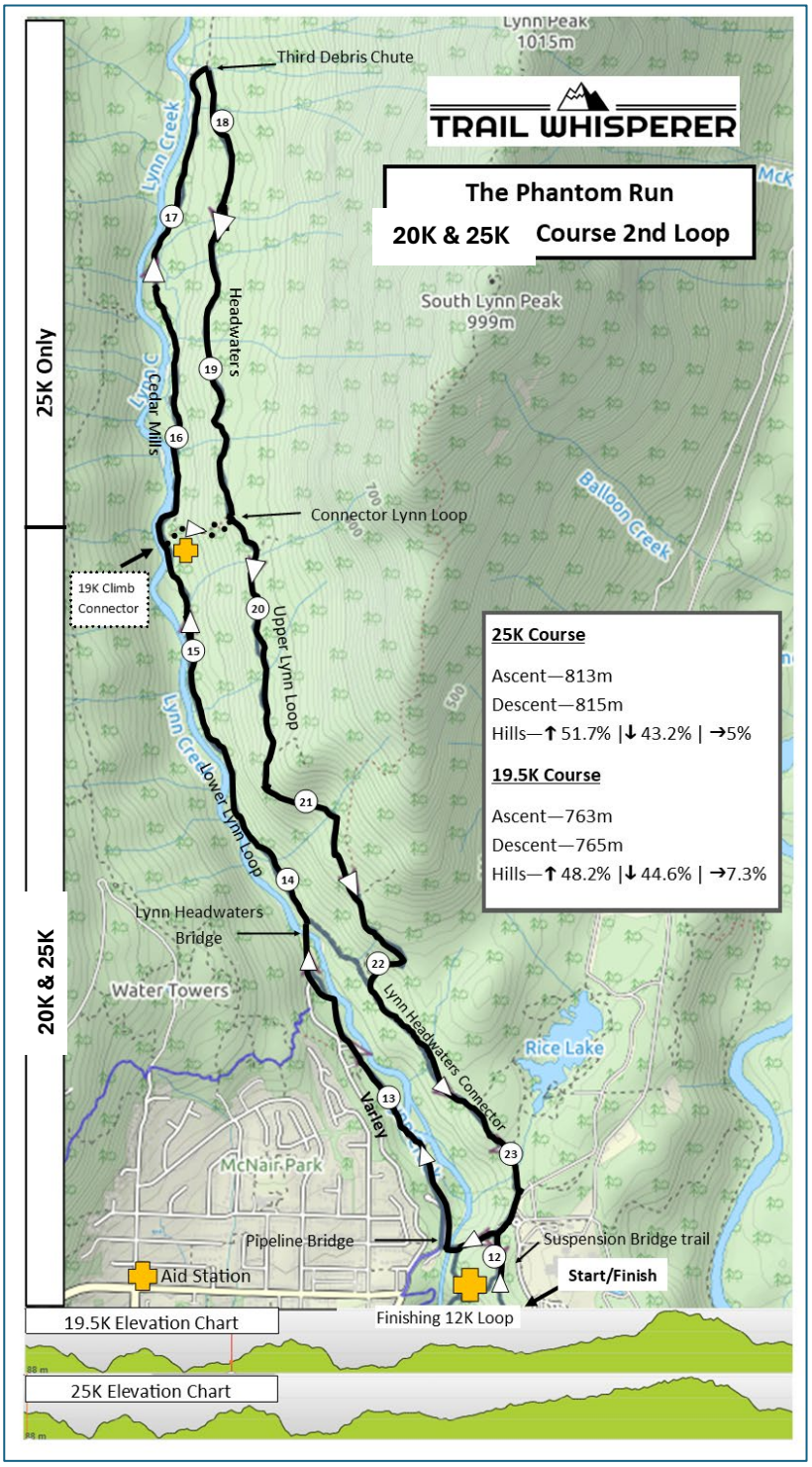
At the junction keep to your left (straight). You are now on Baden-Powell. Turn left at the Twin Falls bridge to go into the marsh. Do not cross the bridge. Enjoy your run through the marsh along the boardwalks and get ready for a great set of stairs. You can do it! At the top of the stairs turn left to stay on Baden-Powell trail.

Follow Baden-Powell to the Lillooet Road crossing. **Obey the marshal** to get safely across the road. Continue along Baden-Powell down the switchbacks and across the Seymour River. After a few steep stairs, turn left onto Fisherman's trail. At the junction with Bridle Path, you will come to **Aid Station #1**. Do not forget to give your bib number to the marshal with the checklist.

Turn right and head up Bridle Path. Keep left on the trail as it turns into Hyannis. Stay on Hyannis all the way to Powerline. Turn left at Powerline and cross the Mystery Creek bridge. Take the first

[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¡

right past the bridge to head towards Ned's and Greenland trails. Stay straight at the intersection with Ned's. You are now on Greenland trail and can follow it as it turns and dips into a gully. Cross the gulley (BMC Connector trail) and follow the trail up a short hill. At the top, turn right onto Bottle Top. Enjoy your descent down Bottletop.



At the T-junction with Fisherman's, turn right and cross the Twin Bridge. Keep right after the bridge onto Fisherman's alongside the Seymour River. Further along you will come to a T-junction with Homestead. Turn left and begin another climb enjoying the forest all the way to the top.

At the top turn left onto Twin Bridges trail. Take the second trail to the right leading to the filtration ponds. The trail veers to the left and then passes the small and large ponds to Lillooet Road. **Obey the marshal** and cross Lillooet Road. Keep right and follow the trail to the next T-junction. Turn right. The trail veers to the left. Keep straight passing the start/finish line and arrive at **Aid Station #2**. Please provide your bib number to the volunteer with the checklist. Replenish and continue heading North towards the Gazebo area.

At the Y-junction (by Gazebo), turn left and head down the gravel road to the Pipeline Bridge. Cross the bridge, turn right and follow Marion Road to the Varley trailhead. Varley trail is a beautiful run alongside the Lynn Valley Creek. It is a bit of a false-flat in this direction.

At the end of the Varley trail, you come to a T-junction with Lynn Valley Road. **Obey the marshal.** Turn right and watch for traffic as you cross through a small parking lot into Lynn Headwaters Park. Head over the bridge and turn left to start the Lynn Loop. You will run on Lower Lynn Loop for approximately 2K before coming to the Lynn Loop Connector and **Aid Station #3**. Make sure you turn right at the Connector (25K's will keep straight). Do not forget to give your bib number to the volunteer with the checklist.

Start the climb to Upper Lynn Loop (yah, stairs!). At the top, turn right and you are now on Upper Lynn Loop. It is a fast descent to the Lynn Headwaters Connector trail (T-junction). Turn left and continue to the LSCR Gazebo area. Keep straight (South) as you head back along the Suspension Bridge Connector trail. Just before the end of the straight, watch for a sharp left turn into Lynn Canyon Park parking lot to reach the finish line. Great race! Now you can enjoy the hearty soup and other goodies.

Elevation Profile



20K Course
Ascent—763m
Descent—765m
Hills—↑ 48% |↓ 45% | →7%

TRAIL WHISPERER