The Phantom Run
Race Information 2026

Hello Phantom Run Racers!

COURSE UPDATE (November 08th)

The weather forecast for race day is cloudy with some showers. Regardless, we are anticipating a wet and dirty day of racing this year due to the continuous rains of the next few days. Expect lots of puddles and mud on the trails. Waterproof shoes are not going to help you keep dry this year.

Please dress appropriately for the conditions and bring some warm, dry clothes and shoes to change into after your race. We will have hot soup waiting for you at the finish line, along with Cobb's bakery items, peanut butter/cream cheese, cookies, bananas, and hot beverages!

This document contains information about the race that you, racers, should know. Please read as part of your race day preparation.

NOTES FOR 2026

- **12K Start** Time has been moved back to 09:30 a.m. for 2026.
- **WAVE STARTS** – Due to volume of racers heading onto the course at the start, we will be doing wave starts for the 25K and the 12K. Groups of 30-40 racers will start every one minute.
- **Podium finish** is from gun start. Please place yourself in the **first wave** if you are racing for a podium spot.
- **Foodbank.** We collect donations for the Foodbank. Drop off at package pickup/check-in table.

SCHEDULE OF EVENTS

Race Day Schedule & Reminders:

07:00 am	Racer Check-in Opens
08:00 am	25K Race Start
08:30 am	20K Race Start
09:30 am	12K Race Start
Top 3 in (M&F)	Awards 12K Race
Top 3 in (M&F)	Awards 20K
Top 3 in (M&F)	Awards 25K

- The start/finish line is at the LSCR, Lynn Canyon East parking lot across from filtration plant
- ALL racers must check-in **30** minutes prior to race start. This includes racers who picked up their race package on Friday.
- We will have a bin for donations to the food bank.
- **Carry hydration, fuel & silicone cup**. There are some big climbs between some of the aid stations.
- We are cupless. Bring your own silicone cup or drinking container.

COURSE INFORMATION

All race distances start and finish by the **Lynn Canyon East parking lot across from filtration plant** at the Lower Seymour Conservation Reserve (LSCR), North Vancouver. Limited parking. Please carpool.

Alternatively, park to the east of Lynn Valley creek and walk across the pipeline bridge to the start/finish line.

No detours this year!

Distance	Ascent	Decent	Hills	Race Start Time	Course Map
25K Run	813m	815m	↑ 51.7% |↓ 43.2% | →5%	08:00 a.m.	Course Maps on Trail Whisperer webpage
20K Run	763m	765m	↑ 48.2% |↓ 44.6% | →7.3%	08:30 a.m.	
12K Run	501m	507m	↑ 48.5% |↓ 44.1% | →7.35%	09:30 a.m.	

Cut-off Times

The course closes at 1:00 p.m.

Aid Stations

There are three aid stations in total: three for the 25K and 20K and one for the 12K. Aid stations will have water, electrolyte drink, bars, blocks or chews, cookies and other treats. Aid Station #3 at the bottom of Lynn Loop Connector will also have gels. First Aid supplies are available at every aid station.

Aid Station locations:

1. Fisherman's and Bridle Path (all distances will pass this aid station)
2. Suspension Bridge Trail near start/finish area (25K and 20K only)
3. Lower Lynn Loop at junction with Lynn Loop Connector (25K & 20K only). 25K racers be aware there are 9K from last aid station to finish line.

Call out your bib numbers at all aid stations. This is MANDATORY for safety reasons.

Supplies to Carry

1. ***Racers must carry some water and fuel.*** There are a few long stretches between some of the aid stations with some great climbs and you may need the hydration and fuel.
2. ***Silicon cup.*** We are a cupless race at aid stations and the finish line. Bring your own silicon cup or packable water vessel. We will have silicon cups with handles available for $5 at the package pickup table.

Race Bibs

Race Bibs must be visible on your front.
Call out your bib numbers at all aid stations. This is MANDATORY for safety reasons.

Mandatory Items

These items are for safety so are worth their own section.

- You must **check-in** race day morning, even if you picked up your bib on Friday.
- You must carry some **hydration and nutrition** on course. You will need this as there are challenging trails between aid stations. 25K racers remember there is 9K from last aid station to finish line.
- You must wear your **bib on the front**.
- You must **call out** your bib number at all aid stations.

Marshals

Marshals are located at various points along the course to help keep you on course. Please listen to the marshals at street crossings. We are not allowed to stop traffic, so they are there to help you cross the road and keep you safe! There will be signage (and flagging) at intersections with no marshals.

Volunteers

Please remember to thank our wonderful volunteers for helping to make this a great event!

EVENT INFORMATION

Package Pickup

- Friday, November 13th, at 5-7 p.m. at Running Room 2601 Westview Drive, North Vancouver.
- Race Day (Saturday, November 14th) at the race start **45 minutes** before your race start time.

Note: We are allowing late registration at Friday Package Pickup (Not Race Day). See the website for payment details.

Race Day Check-in

EVERYONE MUST CHECK IN **at least 30** minutes before race start, even if you did package pickup on Friday. This is for safety reasons. If you do not check-in, it will be like you were never here.

Dry Bags

- Dry bags, with a change of dry, warm clothes, may be dropped off at race start area.
- Please ensure your race number is marked on your dry bag.
- Do not leave valuables in your dry bags.

Awards

- Awards will be presented for top three by gender, by event. Awards ceremony will take place shortly after the arrival of the top three in each gender.
- Every racer will receive a finisher medal at the finish line.
- Make sure you check our prize table. Your bib number may have been drawn for a prize.

Cup-less

All Trail Whisperer Race Series events are now cup-free events, meaning you'll need to pack your own container for fluids at aid stations and at the finish line. For example, a foldable cup or packable style bottle. There will be *one* emergency cup at aid stations, but you will have to share with everyone else who forgot their silicone cup…YUCK!

We will have silicone cups available for purchase ($5) at the registration table.

Foodraising-Fundraising

This is a fundraising event. We are donating food items to the Food Bank in North Vancouver. Any donations are welcome.

Race Day Rules & Etiquette

We are a community minded event and want our racers, along with volunteers, family, friends and other community members who are enjoying the North Shore trails to have a great experience. To help us with this goal, please review our Race Rules and Etiquette.

Navigation and Live Tracking

RunGo navigation and live tracking, for racers and spectators, is free for The Phantom Run event. The Instructions for use.

Hotel Nearby

The Double Tree by Hilton North Vancouver is 3K away from start/finish line, just outside the LSCR.

Parking

- PARKING IS LIMITED. You may want to park to the east of Lynn Valley creek and walk across the pipeline bridge to the start/finish line
- CARPOOLING IS RECOMMENDED.

Our Sponsors

Thank you to all our sponsors for their support. Your generosity help make our races successful, happy events for both our racers and volunteers.















Have a Great Race!!