



## KNEE KNACKERING NORTH SHORE TRAIL RUN: SUNDAY TRAINING RUN SCHEDULE 2017

Date	Run time (hours)	Route name	Meeting place	Meeting time	Distance (km)	Elevation gain (meters)	Info	
May 07	2-3	Grouse to Mountain Highway return	Grouse Mountain	8:00 am	13	950	<a href="#">Map</a>	<a href="#">Route profile</a>
May 14	3-4	Grouse to Lynn Canyon return	Grouse Mountain	8:00 am	20.5	1250	<a href="#">Map</a>	<a href="#">Route profile</a>
May 21	3-4	Grouse to Mountain Highway up to Grouse Mountain	Grouse Mountain	8:00 am	21	1350	<a href="#">Map</a>	<a href="#">Route profile</a>
May 28	3-4	Cleveland Dam to Cypress and return	Cleveland Dam	8:00 am	23.5	1300	<a href="#">Map</a>	<a href="#">Route profile</a>
June 4	3-4	Cleveland Dam to Panorama Park	Panorama Park parking lot in Deep Cove	7:30 am	23.5	1300	<a href="#">Map</a>	<a href="#">Route profile</a>
June 11	4-6	Cypress Cross Country ticket booth to Hollyburn Ranger Station and Deep Cove	Panorama Park parking lot in Deep Cove	7:30 am	32	1400	<a href="#">Map</a>	<a href="#">Route profile</a>
June 18	4-7	<b>First three-quarters</b> (Nelson Canyon Park to Lynn Canyon)	Lynn Canyon Park (gravel lot to left of the park's gate)	7:30 am	34	2150	<a href="#">Map</a>	<a href="#">Route profile</a>
Jun 25	3-4	<b>First half</b> (start to Cleveland Dam)	Cleveland Dam	7:30 am	22	1450	<a href="#">Map</a>	<a href="#">Route profile</a>
July 2	2-3	<b>Last quarter</b> (Lynn Canyon to Deep Cove)	Panorama Park parking lot in Deep Cove	7:30 am	12	600	<a href="#">Map</a>	<a href="#">Route profile</a>
July 08	4:39-10	<b>Race day</b> - Horseshoe Bay (Nelson Canyon Park) to Deep Cove	Nelson Canyon Park	6:00 am	48	2450	<a href="#">Course info</a>	