

TABLE OF CONTENTS

Disclaimer	3	Lynn Headwaters to Deep Cove	136
Acknowledgements	6	Dirty Duo Short	138
INTRODUCTION	11	Dirty Duo Long	142
Orientation	12	Richard Juryn Loop	146
Map of Running Zones	14	LSCR Canyon Loop	150
Code of Conduct	16	Rice Lake Circuit	152
Personal Safety & Navigation	18	Hallows Eve	156
Hazards	21	Iron Lung	160
Wildlife	22	Bridle Path Circuit	162
Equipment	24	Dirty Diapers	164
Fuelling Up	28	Quarry Rock	168
Running Technique	31	Seymour Lakes Circuit	170
Cross-training	34	BURNABY	175
Injury Prevention	37	Introduction & Overview Map	176
Climate and Weather	38	Burnaby Mountain Short Circuit	180
How to Use This Book	40	Burnaby Mountain Long Circuit	182
VANCOUVER	45	Burnaby Lake Loop	186
Introduction & Overview Map	46	PORT MOODY	191
The Spanish Chancellor	50	Introduction & Overview Map	192
Spanish Banks	52	Lakeview Trail Circuit	194
Iva Mann Loop	56	Diez Vistas Trail	196
Sasamat Circuit	60	Sasamat Woodhaven Connection	200
Stanley Park Seawall	62	Jug Island Beach Trail	202
Beaver Lake Loop	64	Admiralty Trail to Burns Point	204
False Creek Seawall	68	Emergency Contacts	206
Tour de Seawall	72	Notes	208
THE NORTH SHORE	75	About the Author	212
Introduction & Overview Map	76	ADVERTISERS	
Lighthouse Park Loop	82	End of the Line General Store	4-5
Seaview Walk	86	Valhalla Pure Outfitters	8
Nelson Canyon	88	Interex	20
Black Mountain	90	The North Face	27
Cypress Bowl to Cleveland Dam	94	Mountain Madness	30
Millstream Loop	96	Pharmasave	32
Brothers Creek Loop	98	Moveo	36
West Van Centennial Seawalk	102	5 Peaks/Salomon	Cover
Tour de Capilano	106	Mountain Equipment Co-op	Cover
Capilano Canyon Circuit	108	Montrail/North Shore Athletics	Cover
Grouse Grind	114		
BCMC Trail	116		
Grouse Mtn to Lynn Headwaters	118		
Lynn Loop	124		
Hanes Valley	126		
Tour de Lynn	130		