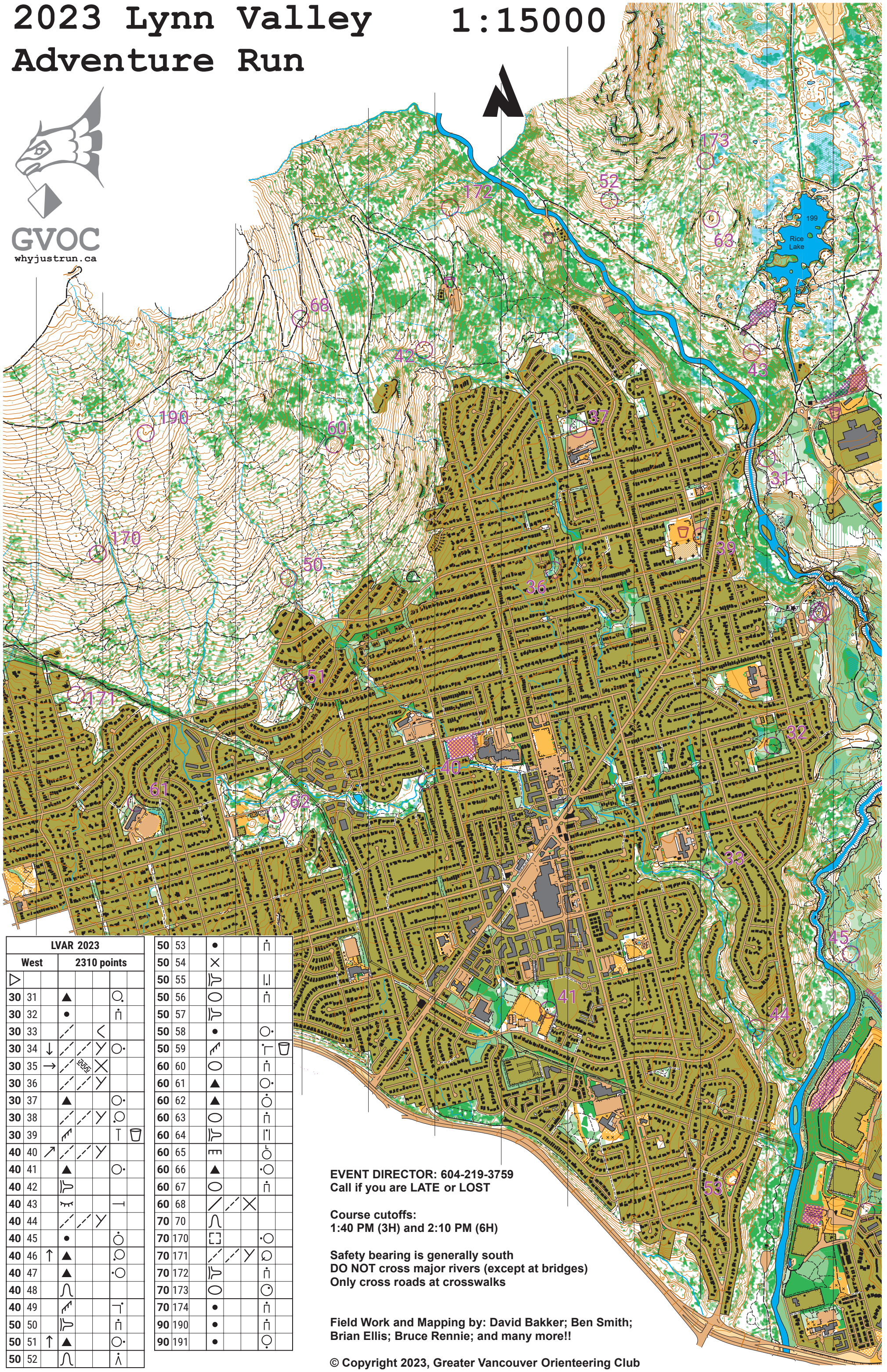


2023 Lynn Valley Adventure Run

1:15000



GVOC
whyjustrun.ca



LVAR 2023		West		2310 points	
30	31	▲		○	
30	32	●		⋈	
30	33	↘	↙		
30	34	↓	↘	○	
30	35	→	↘	×	
30	36	↘	↘	Y	
30	37	▲		○	
30	38	↘	Y	○	
30	39	↘		T	☐
40	40	↗	↘	Y	
40	41	▲		○	
40	42	↘			
40	43	↘	Y	T	
40	44	↘	Y		
40	45	●		○	
40	46	↑	▲	○	○
40	47	▲		○	
40	48	↘			
40	49	↘		T	
50	50	↘		⋈	
50	51	↑	▲	○	
50	52	↘		λ	
50	53	●		⋈	
50	54	×			
50	55	↘			
50	56	↘		⋈	
50	57	↘			
50	58	●		○	
50	59	↘		T	☐
60	60	○		⋈	
60	61	▲		○	
60	62	▲		○	
60	63	○		⋈	
60	64	↘			
60	65	↘		○	
60	66	▲		○	
60	67	○		⋈	
60	68	↘	×		
70	70	↘			
70	170	☐		○	
70	171	↘	Y	○	
70	172	↘		⋈	
70	173	○		○	
70	174	●		⋈	
90	190	●		⋈	
90	191	●		○	

EVENT DIRECTOR: 604-219-3759
Call if you are LATE or LOST

Course cutoffs:
1:40 PM (3H) and 2:10 PM (6H)

Safety bearing is generally south
DO NOT cross major rivers (except at bridges)
Only cross roads at crosswalks

Field Work and Mapping by: David Bakker; Ben Smith; Brian Ellis; Bruce Rennie; and many more!!

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