

## **Saturday Morning Trail Runs**

Meet at 8:30 a.m. at Extreme Runners for carpooling or meet at the trailhead parking lot at 8:45 a.m. Please make an effort to car pool as there is limited parking.

Coffee afterwards: Zocalos, corner of 5th and Cliffe Ave Courtenay

### **Trail Tip**

Wear an extra layer for the few minutes before the start of the run - it takes a few minutes to get everyone organised so rather than getting cold because you're not moving, wear an extra jacket and ditch it just before you start running. That way you won't get chilled and because your muscles stay warm you're less likely to get injured

### **For people new to the group:**

The runs will be at the same locations and follow the same format as the Thursday night trail runs, except it will be on Saturday morning instead. As we did over the summer, we will meet at Extreme Runners to carpool and leave there at 8:30 am sharp or meet at the posted trail head at 8:45 am. As soon as everyone has signed up and in their groups we head out with the faster runners starting first to avoid passing on the single-track trails. The run lasts an hour and the groups range from a walking group all the way up to a sub 45 min 10km group.

Group Leaders are always needed, so please encourage anyone who knows the trails (even just one trail) to volunteer.

We had many after-run socials and we look to continue these with coffee after the runs.