

Thursday Night Trail Running Schedule 2011:

APRIL

7 Bevan Loop
14 Trent River
21 Twister
28 Cumberland Hills

MAY

5 Tomato Creek upper & lower
12 Seal Bay
19 Nymph Falls
26 NE Woods

JUNE

2 Bevan Loop
9 Trent River
16 Twister
23 Cumberland Hills
30 Tomato Creek upper & lower

JULY

7 Seal Bay
14 Nymph Falls
21 NE Woods
28 Bevan Loop

AUGUST

4 Trent River
11 Twister
18 Cumberland Hills
25 Tomato Creek upper & lower

SEPTEMBER

1 Seal Bay
8 Nymph Falls
15 NE Woods
22 Bevan Loop
29 Comox Lake Dam - Leaders'
Choice