

RUN4FUN

The Comox Valley Road Runners welcome you to “**Run4Fun**”!!! This is a schedule of events and locations for the coming 8 weeks. Please keep this schedule handy and if you have any questions, feel free to contact Robyn at 250-331-0254 or e-mail at robyndicesare@gmail.com.

All sessions are rain or shine so dress appropriately.

Schedule:

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| Monday, March 28 th , 2011: | 5pm @ Vanier Track (registration, intro, games and XC run) |
| Monday, April 4 th , 2011: | 5pm @ Extreme Runners (436 5th St. Courtenay)
-Equipment talk then Puntledge Park Run. |
| Monday, April 11 th , 2011: | 5pm @ Airpark run to Booster Juice in Courtenay
-free samples...yummy!!!! |
| Monday, April 18 th , 2011: | 5pm @ Nymph Falls |
| Monday, April 25 th , 2011: | 5pm @ North East Woods (Guthrie at Torrence)
Easter Egg Run |
| Monday, May 2 nd , 2011: | 5pm @ Seal Bay Park (Bates Rd. Parking Lot)
- Poker Run |
| Monday, May 9 th , 2011: | 5pm @ Goose Spit Beach Run
Park at 1 st Parking lot |
| Monday, May 16 th , 2011: | 5pm @ Vanier Track - Relays |
| Wednesday, May 18 th , 2011: | 6pm @ Extreme Runners
2.5-5km run/walk National Run For Change |
| Friday, July 1 st , 2011: | 5th Street Mile – Canada Day! (optional) |