



TNT THURSDAY NIGHT TRAILS

We are a trail running/walking group - everyone is welcome!

There are walk, walk/run, and run groups of different paces. All groups are out for one hour. No one is left behind!

Meet at the trailhead at 5:30pm. We hit the trails at 5:45pm sharp.

***NOTE:* Participants must be CVRR members or have signed a waiver online. (cvrr.ca/membership/)**

Follow us!

**Facebook: Comox Valley Road Runners
Instagram: cvroadrunners**

March 2025

27 Seal Bay (Hardy Rd parking lot)

April

03 Cumberland BMX Park
10 Bevan Trails (parking lot next to the water treatment plant)
17 Comox Marina Park
24 Nymph Falls

May

01 Lake Trail School
08 Comox Lake Dam (potluck picnic)
15 Seal Bay (Hardy Rd parking lot)
22 Cumberland BMX Park
29 Bevan Trails (parking lot next to the water treatment plant)

June

05 Nymph Falls
12 Comox Lake Dam (potluck picnic)
19 Comox Marina Park
26 Cumberland Coal Hills BMX Park

July

03 Lake Trail School
10 One Spot Trail (Dove Creek Hall)
17 Comox Marina Park (potluck picnic)
24 Cumberland CRI parking lot
31 Seal Bay (Hardy Rd parking lot)

August

07 Lake Trail School
14 Seal Bay (Hardy Rd parking lot)
21 Comox Marina Park (potluck picnic)
28 Cumberland Coal Hills BMX Park

September

04 Lake Trail School
11 Surprise!
18 Seal Bay (Hardy Rd parking lot)



Scan here to see
the 2025 schedule

Questions? Email: TNT@CVRR.ca

Google map links to trailheads are available at
cvrr.ca/training/thursday-night-trails/