



# TNT

## THURSDAY NIGHT TRAILS 2025

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

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/](http://cvrr.ca/membership/))

**Follow us!**

Facebook: Comox Valley Road Runners  
Instagram: cvroadrunners

### March

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 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

### September

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

Questions? Email: [TNT@CVRR.ca](mailto:TNT@CVRR.ca)  
Google map links to trailheads are available at  
[cvrr.ca/training/thursday-night-trails/](http://cvrr.ca/training/thursday-night-trails/)



Scan here to see  
the schedule