



# TNT

## 2024 Thursday Night Trails

There are walking groups, walk/run groups, and running groups of different paces. All groups are out for one hour. No one is left behind. We are a social bunch ~ there will be potlucks at the lake and other fun events throughout the season!

Meet at Extreme Runners (436 5th Street) for a 5:15pm carpool departure, or at the trailhead at 5:30pm. We hit the trails at 5:45pm sharp. Parking is tight at many of the trails, and carpooling is a great way to meet runners in other run groups.

Please consider being a carpool driver - drivers are greatly appreciated!

Sorry, no pets please. Service dogs are always welcome.

### Follow us on Facebook:

[www.facebook.com/ComoxValleyRoadRunners](https://www.facebook.com/ComoxValleyRoadRunners)

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

### Questions?

Google map links to trailheads are available at [cvrr.ca/training/thursday-night-trails/](https://cvrr.ca/training/thursday-night-trails/)

Email: [TNT@CVRR.ca](mailto:TNT@CVRR.ca)



### March

28 Seal Bay (Hardy Road parking lot)

### April

04 Bevan trails (Parking lot next to the water treatment plant)

11 Cumberland BMX Park

18 Nymph Falls

25 Northeast Woods, Comox

### May

02 Bevan trails (Parking lot next to the water treatment plant)

09 Comox Lake Dam - Social Potluck

16 Seal Bay (Hardy Road parking lot)

23 Cumberland BMX Park

30 Surprise Location!

### June

06 Bevan trails (Parking lot next to the water treatment plant)

13 Nymph Falls

20 Comox Lake Dam - Social Potluck

27 Northeast Woods

### July

04 Cumberland BMX Park

11 Seal Bay (Hardy Road parking lot)

18 Surprise Location!

25 Nymph Falls

### August

01 Comox Lake Dam - Social Potluck

08 Bevan trails (Parking lot next to the water treatment plant)

15 Northeast Woods

22 Surprise Location!

29 Cumberland BMX Park

### September

05 Nymph Falls

12 Bevan trails (Parking lot next to the water treatment plant)

19 Seal Bay (Hardy Road parking lot) - Wrap up Social

**TNT Winter Edition starts**

