

# 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 or Eric at 250-331-0254 or e-mail at [robyndicesare@gmail.com](mailto:robyndicesare@gmail.com).

All sessions are rain or shine so dress appropriately.

## Schedule:

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| Monday, March 22 <sup>nd</sup> , 2010: | 5pm @ Vanier Track (intro, games and XC run)   |
| Monday, March 29 <sup>th</sup> , 2010: | 5pm @ Extreme Runners (436 5th St. Courtenay)<br>-Equipment talk then Puntledge Park Run.        |
| Monday, April 5 <sup>th</sup> , 2010:  | <b>EASTER – No Practice</b>  |
| Monday, April 12 <sup>th</sup> , 2010: | 5pm @ Air Force Recreation Complex (19 Wing)<br>- track and fitness course run                   |
| Monday, April 19 <sup>th</sup> , 2010: | 5pm @ Nymph Falls  |
| Monday, April 26 <sup>th</sup> , 2010: | 5pm @ Seal Bay Park (Bates Rd. Parking Lot)<br>- Poker Run                                       |
| Monday, May 3 <sup>rd</sup> , 2010:    | 5pm @ Courtenay Lewis Rec Centre<br>River Run – Pick-up at the Courtenay Air Park<br>Parking lot |
| Monday, May 10 <sup>th</sup> , 2010:   | Goose Spit Beach Run<br>Park at first parking lot  |
| Monday, May 17 <sup>th</sup> , 2010:   | 5pm @ Vanier Track<br>- Relays   |
| Thursday, July 1 <sup>st</sup> , 2010: | CVRR - 5th Street Mile – Canada Day! (optional)  |