

2018 Extreme Runners Thursday Night Trails: Season 13.

Hi Everyone. Time to start planning for the upcoming Thursday Night Trails (TNT) season, season 12, episode 1 starts on **March 28, 2019.**

- **NOTE:** You do **not** have to be a CVRR Member, and participation is **free.**
- Meet at Extreme Runners for a **5:15pm sharp carpool departure**, or at the trailhead in time to sign up and find your group before our **5:45pm sharp departure of walkers and runners.**
- **Carpooling is very important.** Parking is tight at many of the trails, it is a great way to meet new runners and runners in other run groups. The environment will thank you too.
- There will be at least one walking group, one to three walk/run groups, and five to seven running groups.
- All groups except the walk/runners are out for one hour. The walk/runners will work up to one hour. **No one is left behind.**
- The 2019 schedule will be the same as last year.
- **Sorry no pets please.** Service dog are always welcome.
- **We are a very social bunch.** When the opportunity arrives, which is often, we have potlucks at the lake and after-run drinks at several pubs around the valley.

I'm looking forward to another fun TNT season,
Frank

TNT: Season 13 - 2019

March 28 Seal Bay

April 04 Nymph Falls

- 11 Cumberland BMX Park
- 18 Comox Lake Dam.
- 25 Trent River

May 02 Northeast Woods, Comox

- 09 Cumberland Rec.Parking lot
- 16 Comox Lake Dam
- 23 Seal Bay
- 30 Nymph Falls

June 06 Cumberland BMX Park

- 13 Comox Lake Dam
- 20 Trent River
- 27 Northeast Woods

July 04 Cumberland Rec. Parking lot

- 11 Comox Lake Dam
- 18 Seal Bay
- 25 Nymph Falls

Aug 01 Cumberland BMX Park

- 08 Comox Lake Dam
- Trent River
- 22 Northeast Woods
- 29 Cumberland Rec. Parking lot

Sept 05 Comox Lake Dam

- 12 Seal Bay
- 19 Nymph Falls
- 26 Trent River. Wrap up Social