

## 2020 Extreme Runners Thursday Night Trails: Season 14.

Hi Everyone. Time to start planning for the upcoming Thursday Night Trails (TNT) season, season 14, episode 1 starts on Thursday **March 26, 2020.**

**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 happy walkers and runners.**

**Carpooling is very important.** Parking is tight at many of the trails, it is a great way to also meet 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 of different speeds.

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 2020 schedule will be the same as last year, except we will be meeting at the new Hardy Road parking lot for all the Seal Bay runs.**

**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 14, 2020

**March** 26 Seal Bay Hardy Road parking lot

**April** 02 Nymph Falls  
09 Cumberland BMX Park  
16 Comox Lake Dam.  
23 Trent River  
30 Northeast Woods, Comox

**May** 07 Cumberland Rec. Parking lot  
14 Comox Lake Dam  
21 Seal Bay Hardy Road parking lot  
28 Nymph Falls

**June** 04 Cumberland BMX Park  
11 Comox Lake Dam  
18 Trent River  
25 Northeast Woods

**July** 02 Cumberland Rec. Parking lot  
09 Comox Lake Dam  
16 Seal Bay Hardy Road parking lot  
23 Nymph Falls  
30 Cumberland BMX Park

**Aug** 06 Comox Lake Dam  
13 Trent River  
20 Northeast Woods  
27 Cumberland Rec. Parking lot

**Sept** 03 Comox Lake Dam  
10 Seal Bay Hardy Road parking lot  
17 Nymph Falls  
24 Trent River. Wrap up Social