



The Runners' Den is Delighted to present our
2nd Twilight Trail Run Clinic!

We will be emailing exact details, meeting times and routes out to participants but here is the general plan:

- **Wednesday, May 9th: Minnehada 8:15 P.M.**

Meet at the gravel parking lot on Quarry Road, [just after Calgary Dr.]. We will park on the shoulder just outside the gate as it closes at 9:00.

- **Wednesday, May 16th: IMBY to Powerlines 8:15 P.M.**

Meet at Aspenwood Elementary School on Panorama Drive.

- **Wednesday, May 23rd: Eagle Bluffs 8:30 P.M.**

Meet at the Town Hall on Sunnyside Rd. and Ravenswood Dr. across from the Sasamat Volunteer Fire Department

- **Wednesday, May 30th: Barnet Marine Park to Discovery Park, [Burnaby Mountain] 8:30 P.M.**

Meet at the Barnet Marine Park, the top parking lot on the left closest to the Barnet Highway. For the grand finale we will head up the 500 steps to one of the best viewpoints in our area! If you can do the Crunch, you can do this!

www.runnersden.ca

What to expect:

Running the trails at night can be truly magical! If you would like to enjoy this experience within the comfort, safety and companionship of a guided group, please join us for **Four Sunset Trail Runs on Wednesday evenings in May.**

We will start before twilight and run to a viewpoint to take in the majesty of the setting sun before heading back as night falls.

These runs will be approximately 1:15- 1:30 and 7-10 km in duration. We plan to have 2 pace groups: one group who will run most of the route and another group for those who prefer to power-hike the climbs; but of course, the objective is not speed but rather to soak in the sunset, the scenery and the sensations of our incredible local trails. Come rain or shine: we all know clouds make the best sunsets!

We suggest that participants have the experience and ability to run for one hour on the trails and a **headlamp or hand-held running flashlight is required.** Trail shoes are strongly recommended.

Cost:

We are endeavoring to keep the fee low to encourage you to come out and participate and we also want to show our support for the trail running community so we are offering the 4 runs for a total of \$20.00, of which \$10.00 will be donated to CSAR, [Coquitlam Search and Rescue]. There will also be a drop-in option of \$5 per run.

If you have any further questions feel free to email Amy at amykirby15@gmail.com

Come and join us to experience the bliss of a fantastic run with fantastic people.



239 Newport Drive, Port Moody BC V3H 5C9
(604) 461-8330

