

## What to Bring

Please bring the following to all sessions, including the first:

- Hydration (water bottle, waist pack or hydration pack)
- Nutrition
- Whistle
- Very small first aid kit including sting ease & bug spray
- Identification

## What's included

- Twelve guided runs
- Discounted shopping night
- Practice technique
- Discussion on basic safety and bear awareness
- Learn general trail etiquette
- Equipment review
- Preparation
- Lots of fun!

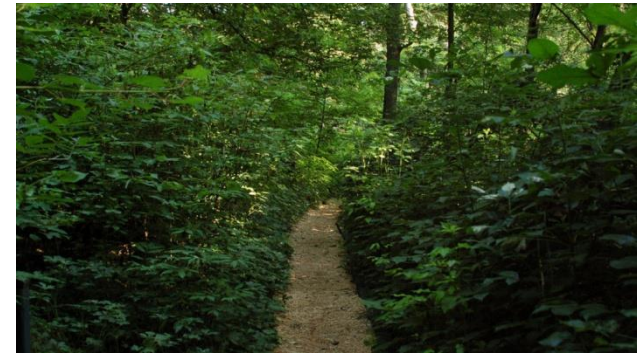
***No one runs alone!  
No one left behind!***



## The Runners' Den

Newport Village  
239 Newport Road  
Port Moody, BC V3H 5C9  
Phone: 604-461-8330

[www.runnersden.ca](http://www.runnersden.ca)



## Trail Running Clinic

**Clinic Starts:**

**Tuesday July 4, 2017**

**6:30 p.m.**

**4 Trails \$40.00**

**8 Trails \$60.00**

**12 Trails \$80.00 \*NEW\***

## Playing in the woods

Designed with the novice to intermediate runner in mind, the runners' den offers an introduction to some of the easier, more accessible trails in the Tri-Cities area.

Trail running can be easier on the body and the skills you develop will transfer to your everyday activities

This is a great trail experience for those who are looking for a group to explore the local trails. Every session will be a new trail led by your clinic leader.

Nestled within the Tri-Cities area, there are numerous trails to discover, and each offers its own reward. We've selected eight trails that provide excellent variety and increased challenges throughout the weeks

This is a great opportunity to explore our local wilderness and acquire new skills while keeping up your running program throughout the summer months.

### This clinic is for you if:

- You can run for 30 minutes
- You have never run "off road" before
- You have a sense of adventure
- You're looking for a group to explore some trails in our own backyard

## Schedule

All sessions will take place on Tuesday and Thursday nights throughout the month on July and first two weeks of August at 6:30 p.m. Trails may change during the clinic.

Rain or Shine

### **BERT FLINN PARK - Tuesday July 4<sup>th</sup>**

Meet @ Heritage Woods Secondary

### **MUNDY PARK – Thursday July 6<sup>th</sup>**

Meet @ Spani parking lot

### **BACKYARD TRAIL – Tuesday July 11<sup>th</sup>**

Meet @ the Den

### **ADMIRALTY POINT – Thursday July 13<sup>th</sup>**

Meet @ Belcara park

### **CRYSTAL FALLS – Tuesday July 18<sup>th</sup>**

Meet @ Town Centre North parking lot

### **REED POINT – Thursday July 20<sup>th</sup>**

Meet @ Andre's Wine

### **JUG ISLAND – Tuesday July 25<sup>th</sup>**

Meet @ Belcarra park

### **WOODHAVEN – Thursday July 27<sup>th</sup>**

Meet @ Sasamat parking lot 'F'

### **MINNEKHADA – Tuesday August 1<sup>st</sup>**

Meet @ Minnekhada Regional Park

### **BUNTZEN – Thursday August 3<sup>rd</sup>**

Meet @ parking lot nearest Ranger Station

### **BURKE – Tuesday August 8<sup>th</sup>**

Meet @ the gun range

### **EAGLE MOUNTAIN – Thursday August 10<sup>th</sup>**

Meet @ Equestrian lot at Buntzen

## What to expect

In an effort to provide something for everyone, we are able to offer four pace groups as follows:

### **Trail Walkers:**

Participants should be able to sustain a brisk steady pace for 40-60 minutes.

### **Novice Run:**

Members of this group will be able to maintain a continual 30-50 minutes at approximately 10 to 10:30 minute mile on road.

### **Intermediate Run:**

Pace will be set by your group leader and will be determined by your group average & experience. Expect an average pace of approximately 9 to 9:30 minute mile on road

### **Advanced Run:**

Leader will set a pace of approximately 8 to 8:30 minute mile on road,

Participants will be grouped according to their abilities. Run times will vary according to difficulty and trail length. Please allow 1.5 to 2 hours for each session.