

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!

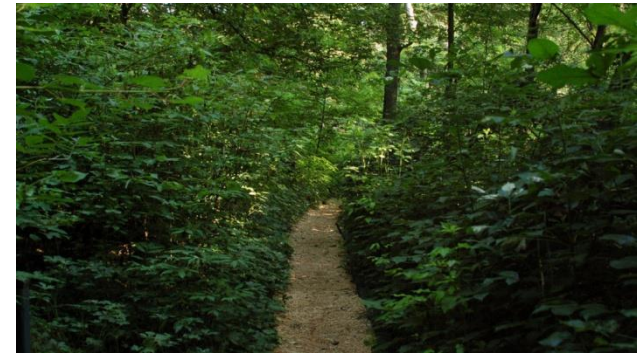
***No one runs alone!
No one left behind!***



The Runners' Den

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

www.runnersden.ca



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 4th

Meet @ Heritage Woods Secondary

MUNDY PARK – Thursday July 6th

Meet @ Spani parking lot

BACKYARD TRAIL – Tuesday July 11th

Meet @ the Den

ADMIRALTY POINT – Thursday July 13th

Meet @ Belcara park

CRYSTAL FALLS – Tuesday July 18th

Meet @ Town Centre North parking lot

REED POINT – Thursday July 20th

Meet @ Andre's Wine

JUG ISLAND – Tuesday July 25th

Meet @ Belcarra park

WOODHAVEN – Thursday July 27th

Meet @ Sasamat parking lot 'F'

MINNEKHADA – Tuesday August 1st

Meet @ Minnekhada Regional Park

BUNTZEN – Thursday August 3rd

Meet @ parking lot nearest Ranger Station

BURKE – Tuesday August 8th

Meet @ the gun range

EAGLE MOUNTAIN – Thursday August 10th

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.