

## NIGHT MAGIC TRAIL RUNS



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

**\*Thursday, November 2nd, 7:30 p.m.  
Barber/Bert/Twin Creeks**

Meet at Old Orchard Hall parking lot at Ioco Road and Bentley

**\*Thursday, November 16th, 7:30 p.m.  
Burke Mountain**

Meet on Harper Road near the Hunting and Fishing Club

**\*Thursday, November 30th, 7:30 p.m.  
IMBY/Mossom/Eagles**

Meet at Aspenwood Elementary School on Panorama Drive

**\*Thursday December 7th, 7:30 p.m.  
Sasamat/Sugar Mountain**

Meet on the West side of Sasamat Lake and park on the gravel shoulder of Bedwell Bay Road, just south of the floating Bridge.

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

### What to expect:

If you are keen to experience the magic of trail running in a whole new way, we are pleased to announce that we will be offering a series of Night Trail runs on Thursday at 7:30 in November! For those of you who participated in the May Twilight Run or Summer Trail Run clinics, think of this as a progression of your trail running. These runs will start with an approximate 9 kilometers, 1hr 20 minute run and will build to longer and more technical trails by the final runs, [up to 11-12K and 2 hours]. The routes will be different from the previous clinics but will also incorporate a few sections of the same trails.

There will be 2 pace groups, [perhaps three, depending on enrolment], and each group will have a leader and a sweep. The objective will not be speed, but rather to safely experience all the wonderful sensations of the trails at night with the camaraderie of fellow runners.

We strongly recommend that you have good trail shoes as the trails at this time of year will probably be wet and muddy and the footing more challenging than the dry summer trail runs. A good headlamp or hand-held light is required and participants should be comfortable running for 1.5 hours on **fairly technical trails with climbing and descending**.

#### 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.

Come and join us for four nights of magic on the trails!



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