



The Runners Den is Delighted to present our third

## 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 6<sup>th</sup>: Minnekhada 7:30 P.M.**  
**7km, 300m elevation**

Meet at the gravel parking lot on Quarry Road, [just after Calgary Dr.].

- **Wednesday, May 13<sup>th</sup>: Ridge Park 7:45 P.M.**  
**6.5km, 350m elevation**

Meet at Hampton Park Elementary School parking lot.

- **Wednesday, May 20<sup>th</sup>: Eagle Bluffs 7:45 P.M.**  
**7km, 300m elevation**

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

- **Wednesday, May 27<sup>th</sup>: Bert Flinn 7:45 P.M.**  
**7km, 300m elevation**

Meet at Old Orchard Hall off Alderside Rd.

[www.runnersden.ca](http://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 6-8 K in duration. We plan to have 3 pace groups: slow, medium and faster pace; 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 community so we are offering the 4 runs for a total of \$20.00, of which \$10.00 will be donated to the Eagle Ridge Hospital Foundation. 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](mailto: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