

INNOVATIVE FITNESS CANUCK PLACE ADVENTURE CHALLENGE

GROUP TRAINING DATES AND PROGRAM:

- June 23rd - 6:30 p.m. - Panorama Park, Deep Cove, North Van
Intro and Run / Hike on race course
- July 9th: 6:30 p.m. – Bike training – meet John Henry Van at Parkgate Shopping Centre at base of Seymour Mountain Road, North Van
- July 19th: 9:00 a.m. – Deep Cove Canoe and Kayak – Kayak training
- July 26th: 9:00 a.m. – Panorama Park, Deep Cove, North Van
Bike training on course
- August 13th: 6:30 p.m. – Bike training – meet John Henry Van at Parkgate Shopping Centre at base of Seymour Mountain Road, North Van
- August 16th: 9:00 a.m. – Panorama Park, Deep Cove, North Van
Trail run on course
- August 23rd: 9:00 a.m. – Panorama Park, Deep Cove, North Van – Brick set
Bike: 2 hours
Run: 45 minutes
- August 30th: 9:00 a.m. - Panorama Park, Deep Cove, North Van – Brick set
Kayak: 45 minutes
Bike: 2 hours
Run: 30 minutes

You may attend all or some of the above sessions. Those wishing to participate in the Kayak sessions will need to confirm asap to ensure that there are adequate Kayaks available. Email: ssamaridis@canuckplace.org

Sessions are approximately 1.5-2 hours, depending on the level for which you are training. Brick set durations are noted above.

Below are options for those wishing additional run, bike and kayak training, or options to the trainer-led dates.

John Henry Bikes – North Vancouver – Various ride clinics on various North Van trails are occurring throughout the summer and you are welcome to join in for a nominal fee. Please refer to the website for all the details. www.johnhenrybikes.com 604-986-5534

Deep Cove Canoe and Kayak – North Vancouver – Kayaks can be rented for use any day. Should you choose to train for this on your own, simply contact them directly for bookings. Rental fees apply to boats for training however instructors are complimentary for the 2 training days in the schedule. www.deepcovekayak.com 604-929-2268

Northshore Athletics – North Vancouver – Visit their website for dates and times of run clinics that fit your schedule. These will not necessarily be on the course trails but will fulfill some of the running segments of the 8 week protocol.

www.northshoreathletics.com 604-990-6888