

The Run of the Town

A Quick Ragged Mountain Guide to the Best in Cville Running

Our Top 10 Favorite Places to Run and Walk

Saunders Trail at Monticello

Crushed gravel path
(2 miles one way)

Rivanna Riverview Park and Old Mill Trail

Downtown paved and dirt river paths

Sugar Hollow

Flat paved mountain river road west of town

Keene

Quiet country road south of town
(7 mile loop)

Green Springs Historic District

Over 20 miles of gravel road east of town

Rivanna Trail (RTF)

Scenic 20 mile urban greenbelt

John Warner Parkway

Wide paved path connecting downtown to north of downtown
(1.5 miles)

Foxhaven

Ragged Mountain Boars Head Trails
(Reservoir Road)



Ragged Mountain Running & Walking Shop

Some Do-Not-Miss Iconic Local Races

New Year's Day 5K
(January)

Sugar Hollow Race
(February)

The Haven 8K
(March)

Charlottesville Ten Miler
(March)

Run for Autism 5K
(April)

Montalto Challenge 5K
(April)

BBBS 5K/10K
(May)

Bruce Barnes Mile
(June)

CTC's All-Comers Summer Track Meets (4)
(July-weekly)

Kiwanis Independence Day 5K
(July)

CATS Summer Trail Series
(June-August)

Women's Four Miler
(Labor Day Weekend)

Pepsi 10K
(September)

Men's Four Miler
(October)

Boar's Head Turkey Trot
(November)

Monticello Holiday Classic 5K
(December)

Rivanna Greenbelt Marathon and Half Marathon
(December)

People to Meet... The Best Run Company!

Charlottesville Track Club (CTC) Training Programs:

Women's Four Miler Training Program

(June-August)

Charlottesville Ten Miler Training Program

(late October-March)

CTC Marathon/Half-Marathon Training Program

(June-November)

Wednesday Morning

Community Workouts (5:30am)

cville-speedsters@gmail.com

Boston Bound Marathon Workout Group

Contact Coach Mark (see below)

Champion Pub Run

Monday Random Row Run

team@randomrow.com

PROLYFYK Run Crew

6:00am morning group runs

Contacts/Social Media

Charlottesville Track Club

cvilletrackclub.org

facebook.com/cvilletrackclub

twitter.com/cvilletrackclub

Ragged Mountain Running & Walking Shop

434.293.3367

raggedmountainrunning.com

facebook.com/raggedmountainrunning

twitter.com/raggedmountain1

Coach Lorenzoni

Call 434.293.3367 or text 434.962.1694

coachlorenzoni.com

twitter.com/coachzoni

Charlottesville Area Trail Club

facebook.com/cvilleareatrailrunners

twitter.com/cvilletrailrun

Rivanna Trail Foundation (RTF)

rivannatrails.org

facebook.com/RivannaTrail/

For more face-to-face information on these and many more Cville running opportunities visit our website or call us 434.293.3367