

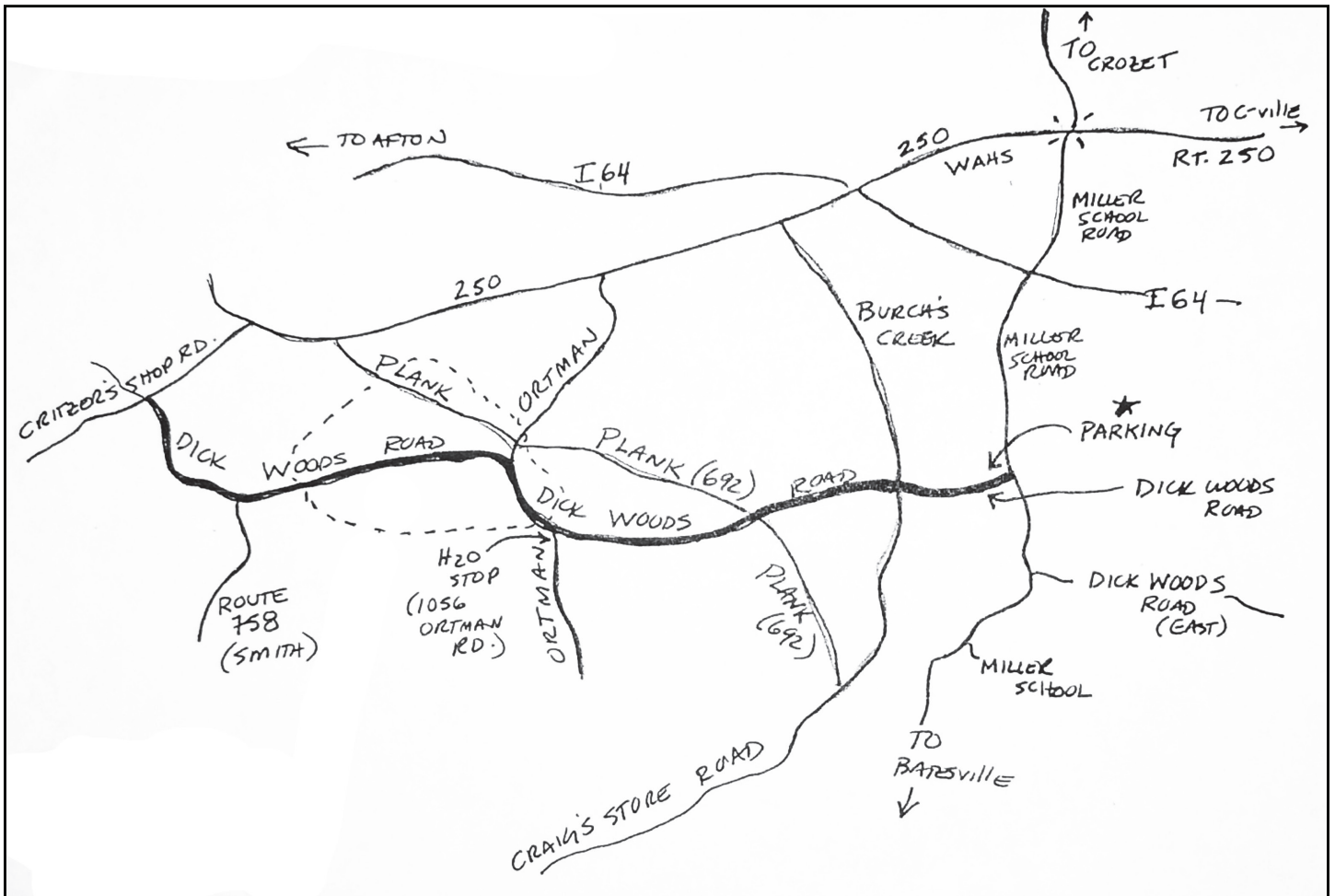
# DICK WOODS ROAD

## UP TO 7.5 MILES IN ONE DIRECTION

This rolling gravel road is a popular running destination for high school, collegiate, and marathoners as it features a good mix of terrain over a quiet, scenic, soft surface country road. The course runs in one direction. Parking is available in the gravel lot at the corner, courtesy of our friends at The Miller School.

### DIRECTIONS:

From downtown Crozet take 240 South to 250. At the 250 4-way light intersection, go straight across onto Miller School Road. Follow the Miller School Road for 2.5 miles and look for the parking lot on the right.

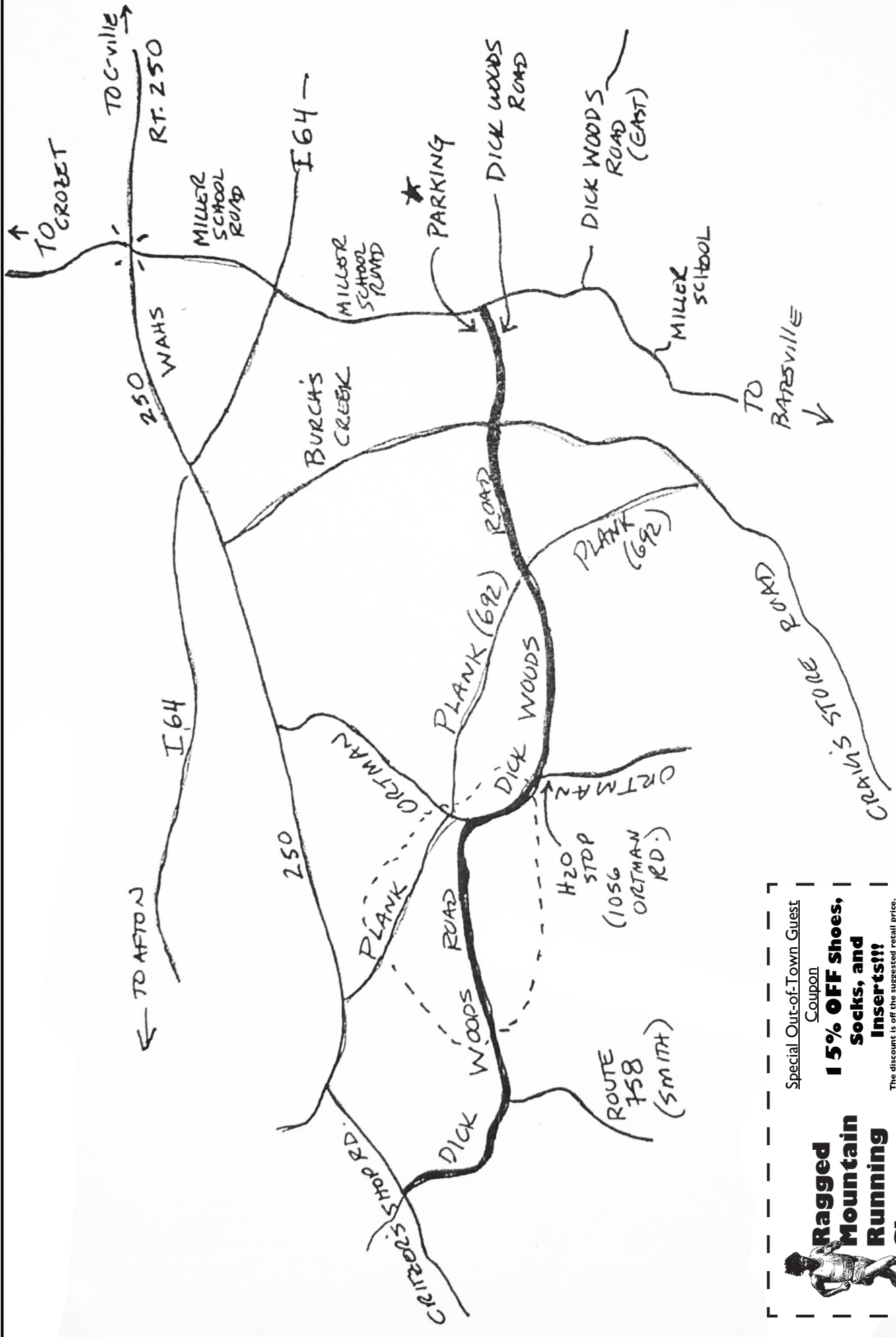


Course designed and measured by Mark Lorenzoni and the Ragged Mountain Running Shop, Virginia's oldest family speciality running shop located at 3 Elliewood Avenue. Graphic design by @TwinsRun. For a local race calendar, visit [charlottesville-trackclub.org](http://charlottesville-trackclub.org).

### YOUR LOCAL RUNNING HOSTS



# DICK WOODS ROAD



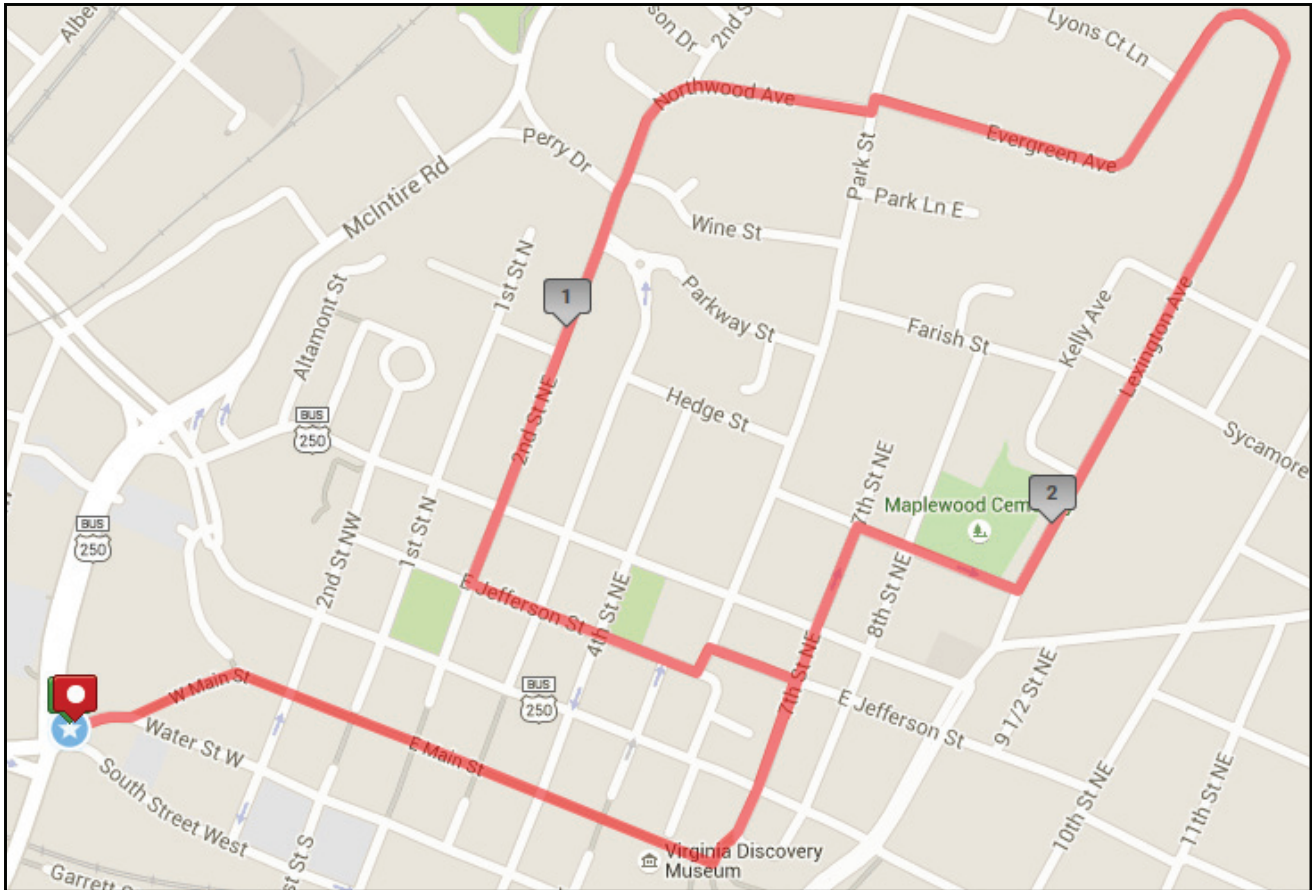

**Ragged Mountain Running Shop**  
 3 Ellwood Ave Charlottesville Va

Special Out-of-Town Guest Coupon  
**15% OFF Shoes, Socks, and Inserts!!!**  
The discount is off the suggested retail price.  
**FREE Doorstep Parking**

# DOWNTOWN LOOP

## 3 MILES

This scenic route highlights many of our community's popular sites including the pedestrian bricked downtown mall and the historic court square area with many 18th and 19th century buildings, including the old County Courthouse. It also takes you through the beautiful tree-lined streets of the north downtown neighborhoods.



**UP TO END OF DOWNTOWN MALL TO 7<sup>TH</sup> STREET**

**← LEFT ON JEFFERSON<sup>ST</sup>**

**→ RIGHT ON 2<sup>ND</sup> ST NE**

**UP NORTHWOOD<sup>AVE</sup> TO EVERGREEN<sup>AVE</sup> TO LEXINGTON<sup>AVE</sup>**

**→ RIGHT ON MAPLE**

**← LEFT ON 7<sup>TH</sup>**

**BACK UP THE MALL TO HOTEL**

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# DOWNTOWN LOOP

~ 4 MILES



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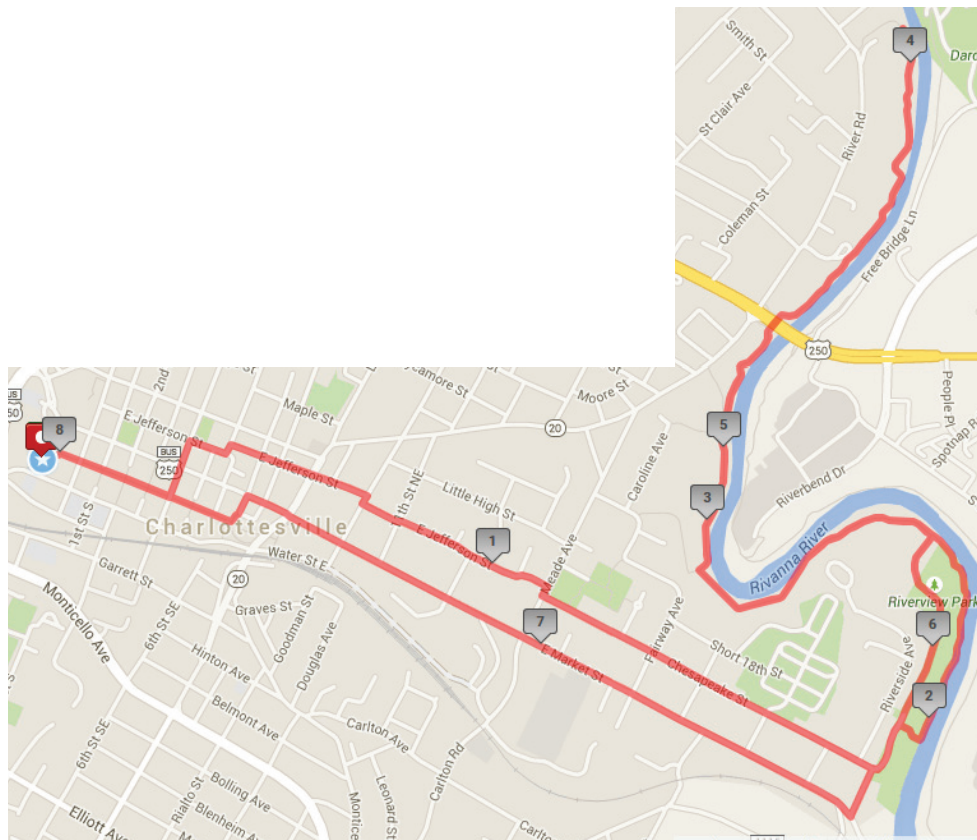
This route is available on mapmyrun.com.



# DOWNTOWN RIVER RUN

~ 8 MILES

A rolling run through some of Charlottesville's oldest and most scenic neighborhood's with a flat tour of the paved two mile long (one way) Riverview Park path that runs alongside the beautiful Rivanna River in the historic Woolen Mills district.



## MAIN ST TO DOWNTOWN MALL

← LEFT ON 5<sup>TH</sup> ST

→ RIGHT ON JEFFERSON ST

FOLLOW JEFFERSON TO 10<sup>TH</sup>

→ RIGHT ON MEADE

← LEFT ONTO CHESAPEAKE

FOLLOW CHESAPEAKE TO RIVERVIEW PARK

FOLLOW 2-MILE PAVED PATH TO IT'S END &

## RETURN BACK AGAIN (THERE ARE 1/4 MILE MARKERS ON THE TRAIL)

COME OUT OF THE PARK

← LEFT ON RIVERSIDE AVE

→ RIGHT ON MARKET ST

STAY ON MARKET TO 7<sup>TH</sup> ST

← LEFT ON 7<sup>TH</sup> TO DOWNTOWN MALL

MALL TO MAIN STREET BACK TO HOTEL

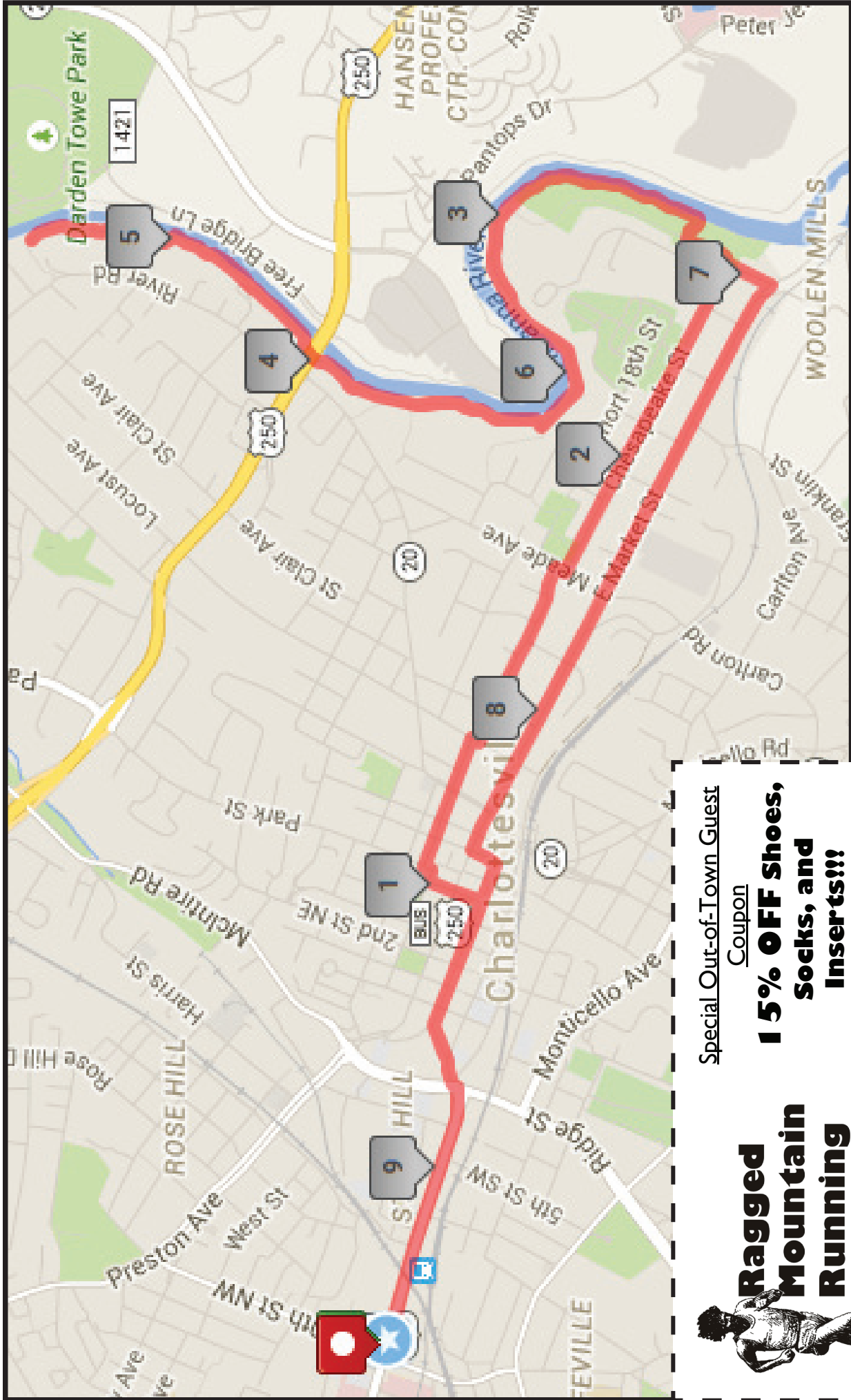
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## YOUR LOCAL RUNNING HOSTS



# DOWNTOWN RIVER RUN

~ 9.5 MILES





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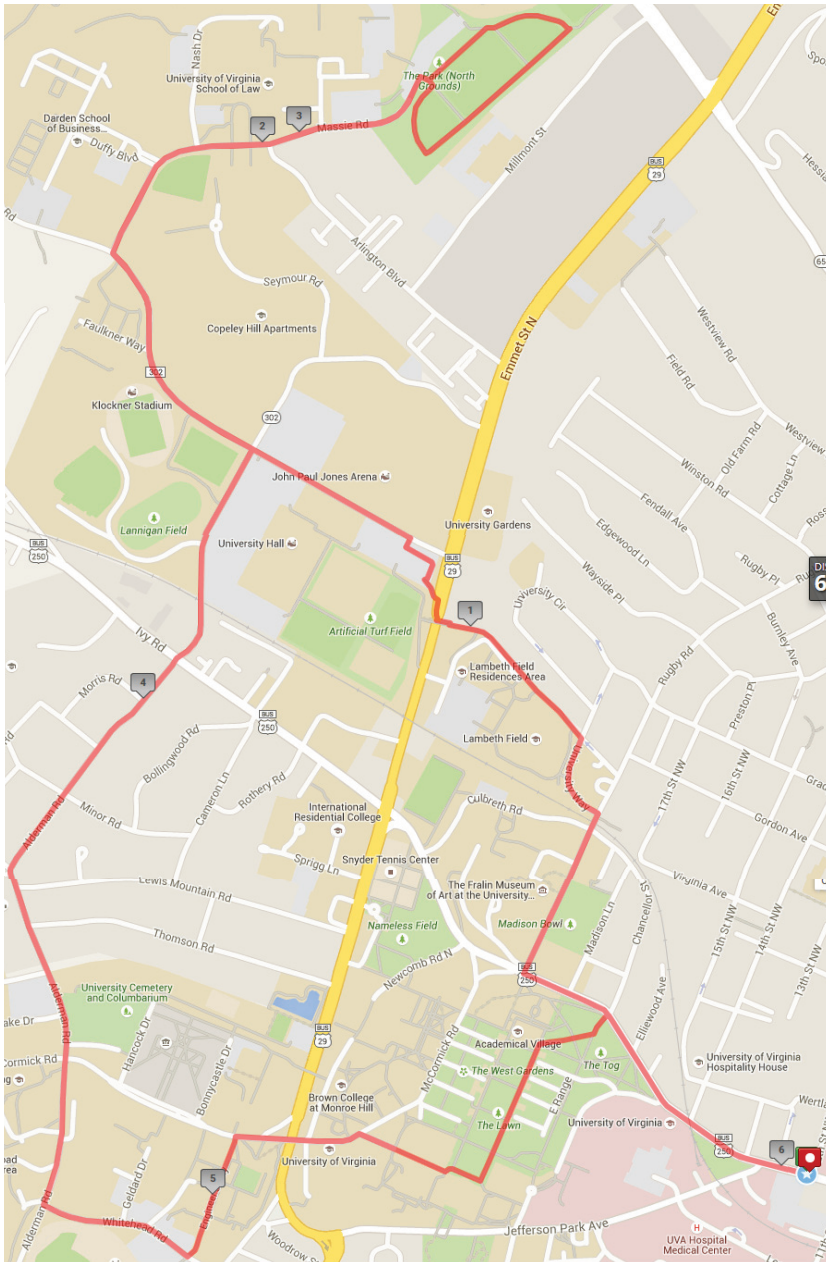
**FREE Doorstep Parking**

This route is available on mapmyrun.com.

# LONG LOOP / UVA GROUNDS TOUR

## 6 MILES

A scenic tour of Jefferson's historic university grounds and its surrounding neighborhoods, of note are the world famous Rotunda, the UVa Chapel, The Lawn, "Greek Row" at Rugby Road, the painted Beta Bridge and "Mad Bowl."



**HOTEL TO UNIVERSITY AVE**

**➔ RIGHT ON RUGBY RD**

**← LEFT ON UNIVERSITY WAY**

**← LEFT ALONG LAMBETH ACROSS FOOTBRIDGE  
FOOTBRIDGE THROUGH PARKING LOT TO MASSE RD**

**← LEFT UP MASSIE RD**

**➔ RIGHT AT LEONARD SANDRIDGE LIGHT  
FOLLOW MASSIE TO "THE PARK"**

**1 LOOP AROUND = 1/2 MILE**

**RETURN ON MASSIE RD**

**← LEFT AT LEONARD SANDRIDGE LIGHT**

**➔ RIGHT ON COPELEY (PAST TRACK)**

**COPELEY TO ALDERMAN RD**

**ALDERMAN TO WHITEHEAD RD**

**← LEFT ON WHITEHEAD RD**

**← LEFT ON ENGINEERS WAY**

**➔ RIGHT ON MCCORMICK RD**

**➔ RIGHT AT AMPITHEATER**

**← LEFT AT UVA LAWN TO ROTUNDA**

**➔ RIGHT TO UNIVERSITY AVE BACK TO HOTEL**

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### YOUR LOCAL RUNNING HOSTS



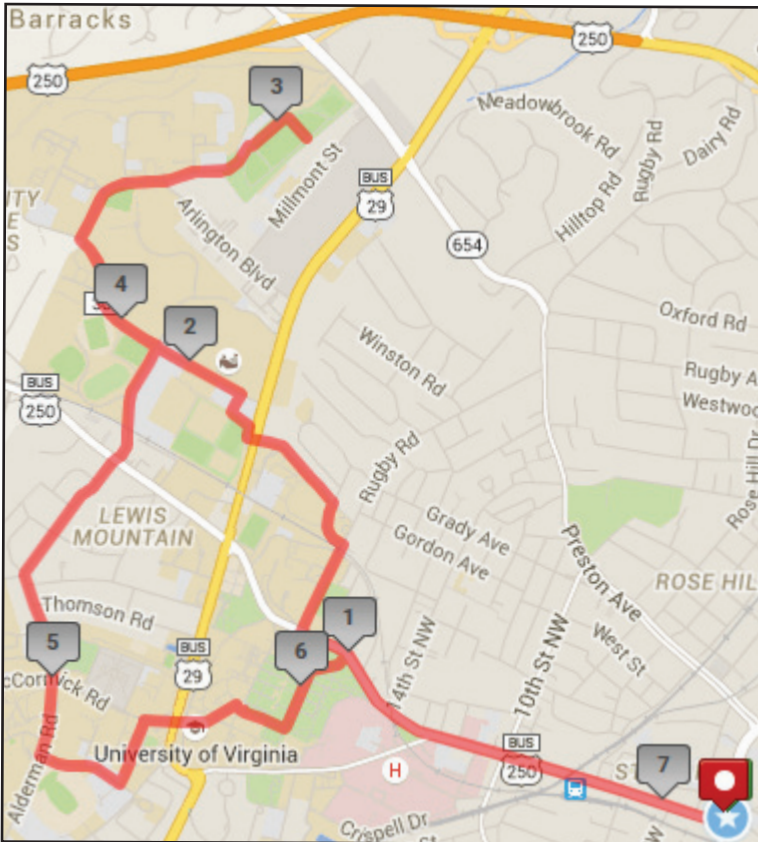




# LONG UVA GROUNDS LOOP TOUR

~ 7 MILES

A scenic tour of Jefferson's historic university grounds and its surrounding neighborhoods, of note are the world famous Rotunda, the UVa Chapel, The Lawn, "Greek Row" at Rugby Road, the painted Beta Bridge and "Mad Bowl."



- UP MAIN ST TO UNIVERSITY AVE
- UNIVERSITY AVE TO RUGBY
- ➔ RIGHT ON RUGBY
- ⬅ LEFT ON UNIVERSITY WAY
- ⬅ LEFT ALONG LAMBETH ACROSS FOOTBRIDGE
- FOOTBRIDGE THROUGH PARKING LOT TO MASSIE
- ⬅ LEFT UP MASSIE
- ➔ RIGHT AT LEONARD SANDRIDGE LIGHT
- FOLLOW MASSIE TO THE "UVA PARK"
- 1 LOOP AROUND PARK = 1/2 MILE
- BACK UP MASSIE
- ⬅ LEFT AT LEONARD SANDRIDGE LIGHT
- ➔ RIGHT ON COPELEY (PAST UVA TRACK)
- COPELEY TO ALDERMAN RD
- ALDERMAN TO WHITEHEAD RD (STADIUM)
- ⬅ LEFT ON WHITEHEAD RD
- ⬅ LEFT ON ENGINEERS WAY
- ➔ RIGHT ON MCCORMICK RD
- ➔ RIGHT AT AMPITHEATER
- ⬅ LEFT AT UVA LAWN TO ROTUNDA
- ➔ RIGHT TO UNIVERSITY AVE BACK TO MAIN ST

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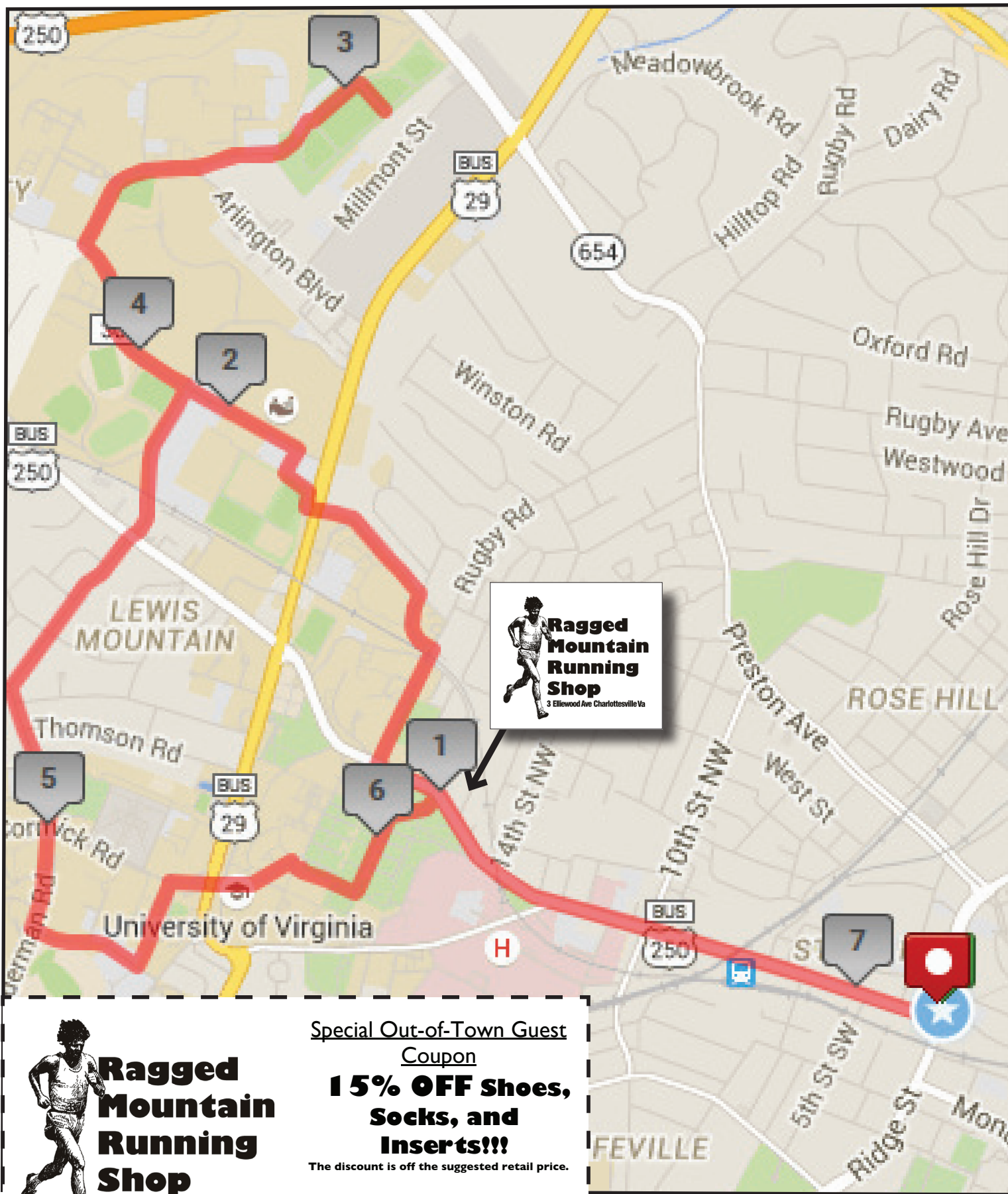
## YOUR LOCAL RUNNING HOSTS





# LONG UVA GROUNDS LOOP TOUR

~ 7 MILES



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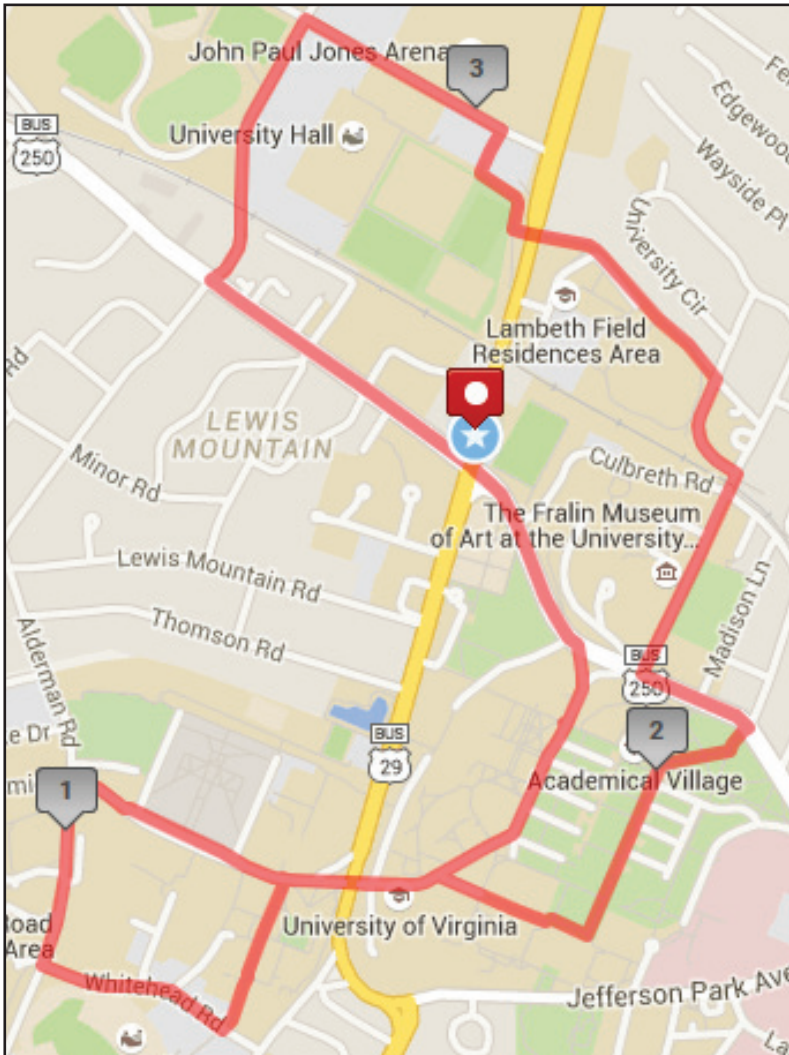
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# ROUND THE UVA GROUNDS TOUR

~ 4 MILES

A scenic tour of Jefferson's historic university grounds and its surrounding neighborhoods, of note are the world famous Rotunda, the UVA Chapel, The Lawn, "Greek Row" at Rugby Road, the painted Beta Bridge and "Mad Bowl."



## UNIVERSITY AVE

- ➔ RIGHT ON MCCORMICK RD
- ← LEFT ON ALDERMAN
- ← LEFT ON WHITEHEAD RD
- ← LEFT ON ENGINEERS WAY
- ➔ RIGHT ON MCCORMICK RD
- ➔ RIGHT AT AMPITHEATER
- ← LEFT AT UVA LAWN TO ROTUNDA
- ← LEFT AT UNIVERSITY AVE
- ➔ RIGHT ON RUGBY
- ← LEFT AT UNIVERSITY WAY
- ← LEFT ON LAMBETH ACROSS FOOTBRIDGE
- DOWN STEPS TO MASSIE RD
- MASSIE RD TO COPELEY RD
- ← LEFT ON COPELEY RD
- ← LEFT ON IVY RD BACK TO HOTEL

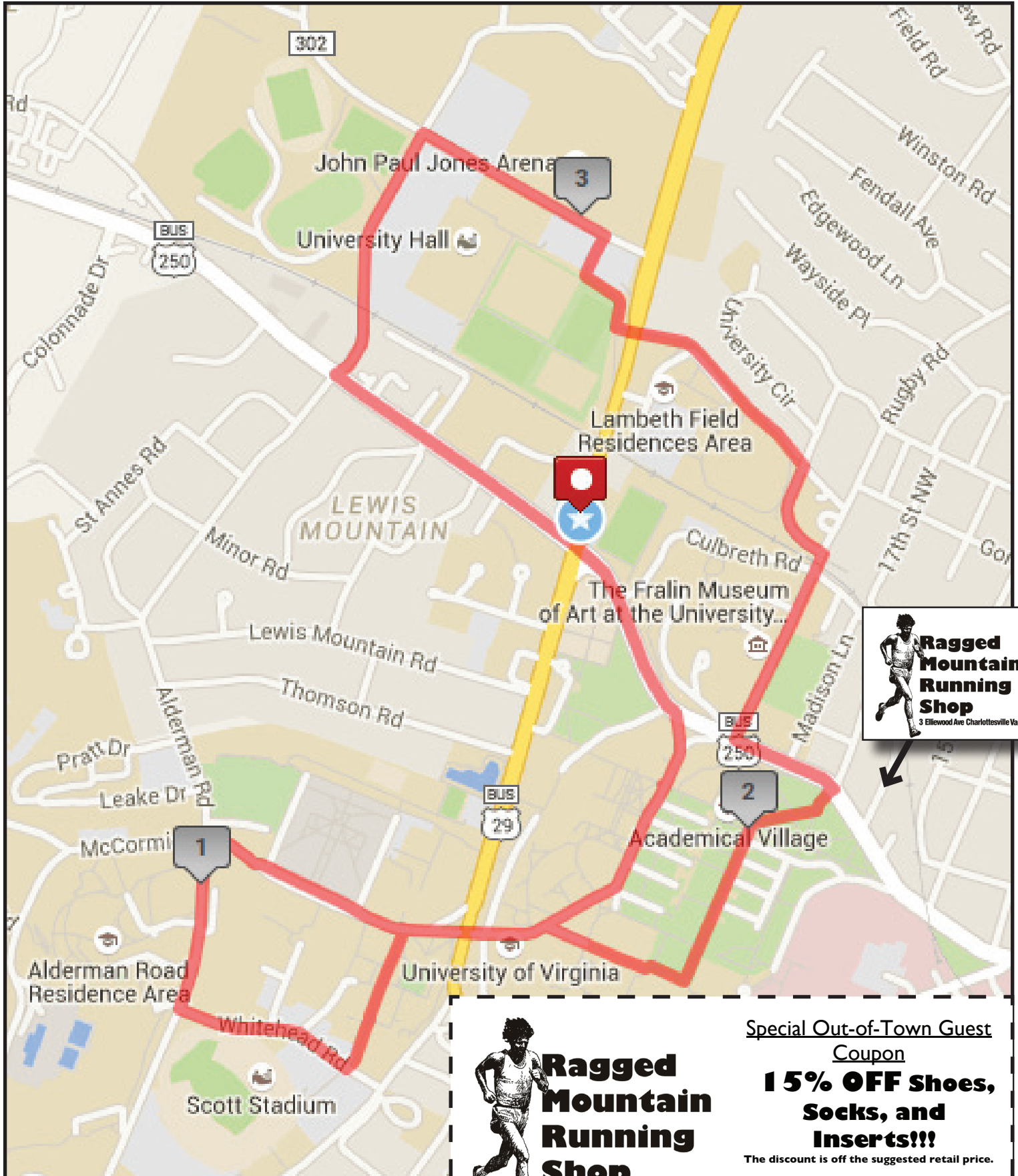
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## YOUR LOCAL RUNNING HOSTS



# ROUND THE UVA GROUNDS TOUR

~ 4 MILES



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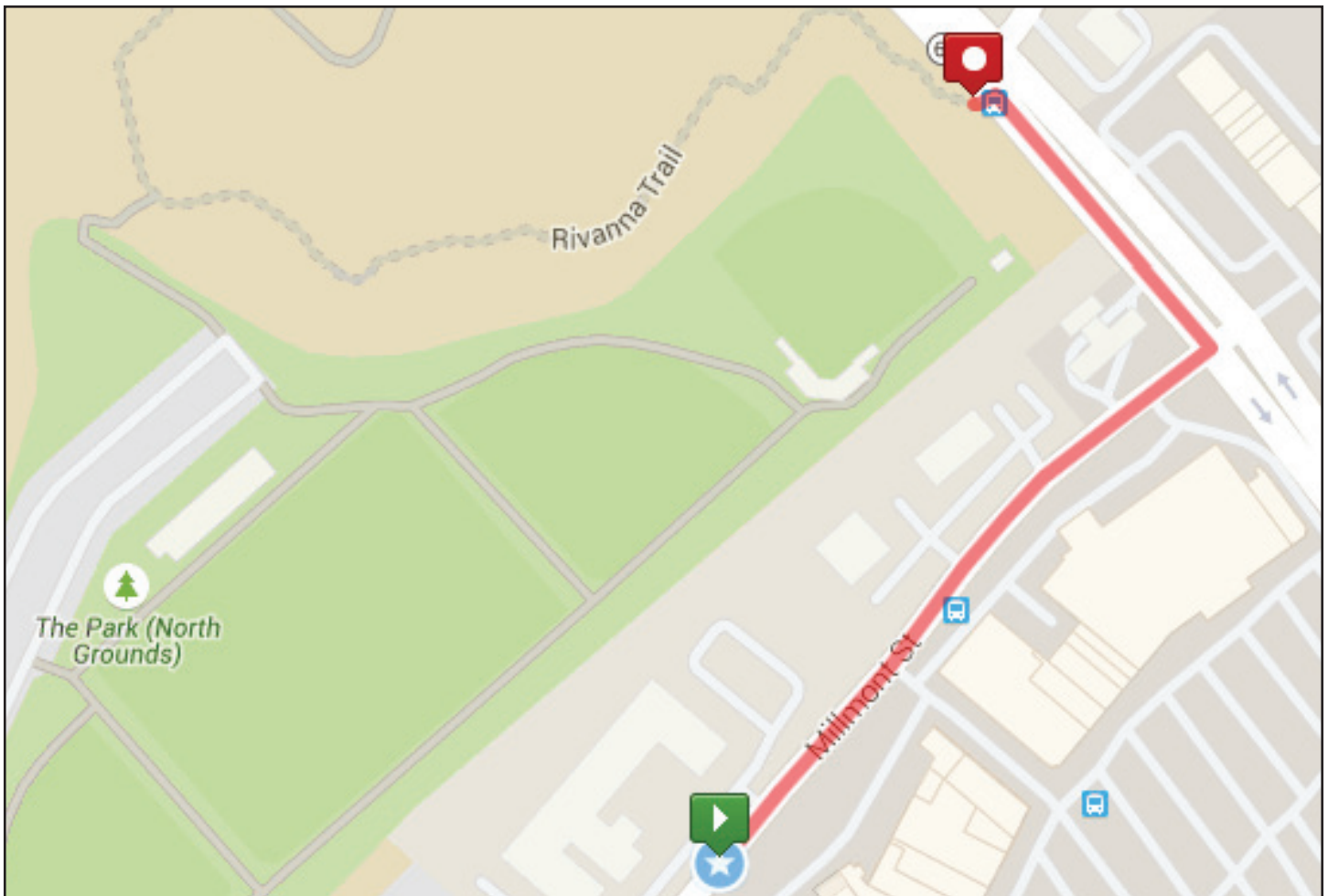
**FREE Doorstep Parking**

This route is available on [mapmyrun.com](http://mapmyrun.com).

# ACCESSIBLE TRAIL RUN

## RIVANNA TRAILS FOUNDATION

Within a quarter mile from the hotel you will find yourself at one of the more popular trail heads of the Rivanna Trails Foundation (RTF), which is our city's greenbelt. Widely considered to be one of the most beautiful greenbelts on the east coast, the RTF encircles the city with a 20 mile soft surface path. For a detailed map go to Rivanna Trails Foundation at [www.rivannatrails.org](http://www.rivannatrails.org).



- ← LEFT ON MILMONT
- ← LEFT ON BARRACKS ROAD
- ← LEFT AT RTF MARKER ONTO DIRT PATH

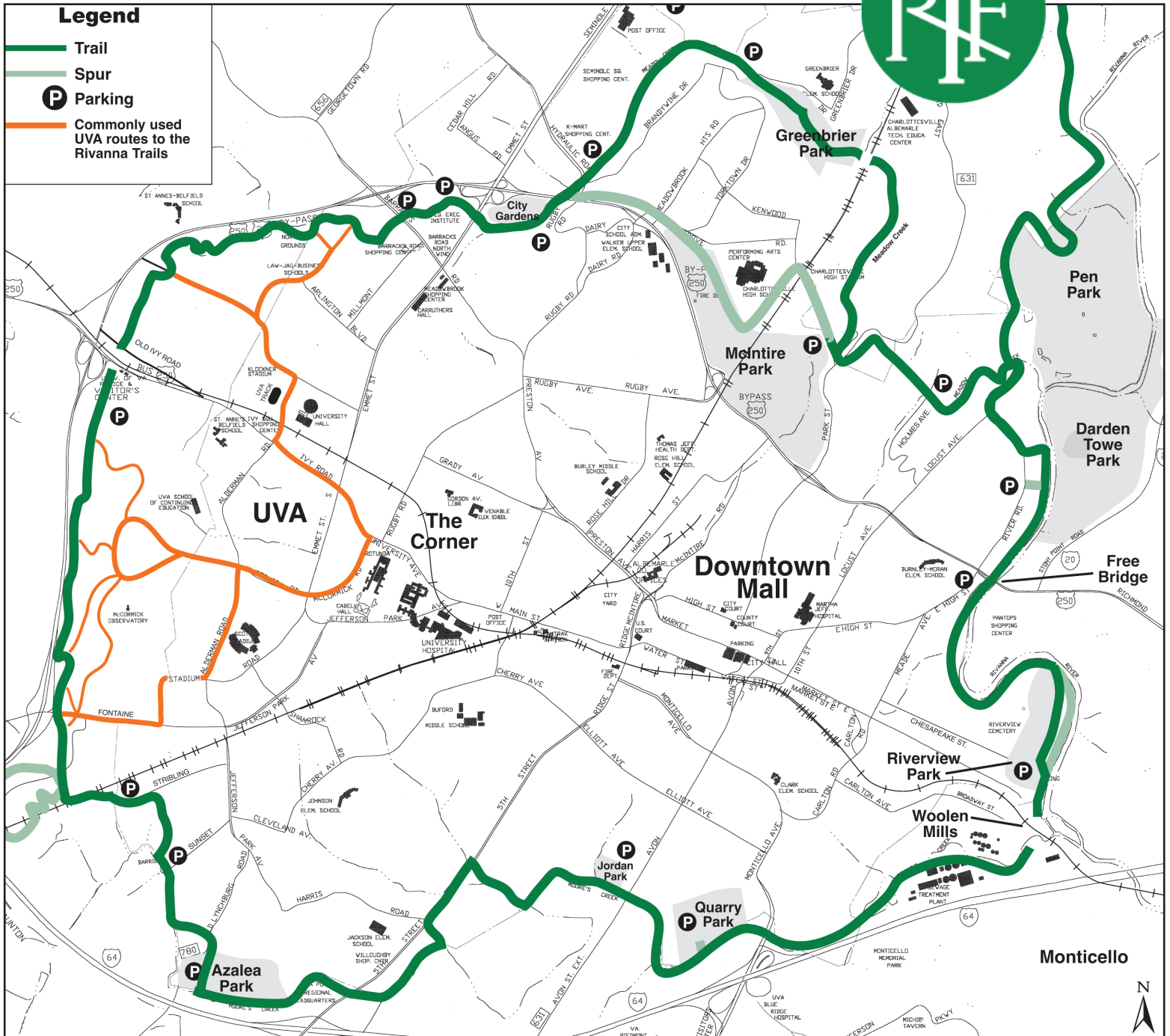
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### YOUR LOCAL RUNNING HOSTS





# RIVANNA TRAILS FOUNDATION (RTF)



Interactive Rivanna Trail Map at <http://www.rivannatrails.org/Interactive-Map>



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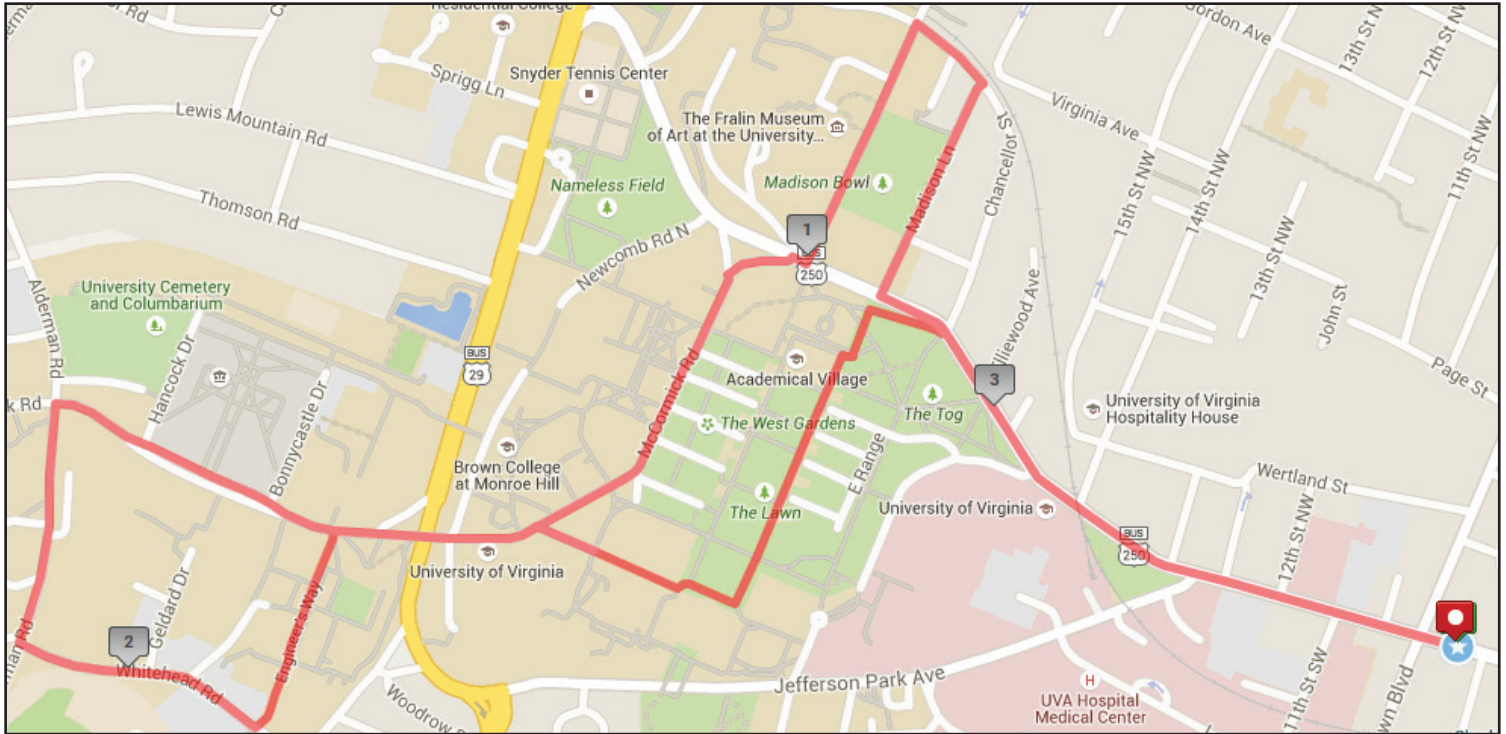
The discount is off the suggested retail price.

**FREE Doorstep Parking**

# SHORT LOOP / UVA GROUNDS TOUR

~ 3 MILES

A scenic tour of Jefferson's historic university grounds and its surrounding neighborhoods, of note are the world famous Rotunda, the UVA Chapel, The Lawn, "Greek Row" at Rugby Road, the painted Beta Bridge and "Mad Bowl."



**HOTEL TO UNIVERSITY AVENUE**

**→ RIGHT ON MADISON AVE**

**← LEFT ON CHANCELLOR**

**← LEFT ON RUGBY RD**

**RUGBY TO MCCORMICK RD**

**← LEFT ON ALDERMAN RD**

**← LEFT ON WHITEHEAD RD**

**← LEFT ON ENGINEERS WAY**

**→ RIGHT ON MCCORMICK RD**

**→ RIGHT AT AMPITHEATER**

**← LEFT ON LAWN BACK TO UNIVERSITY AVE**

**→ RIGHT ON UNIVERSITY AVE TO HOTEL**

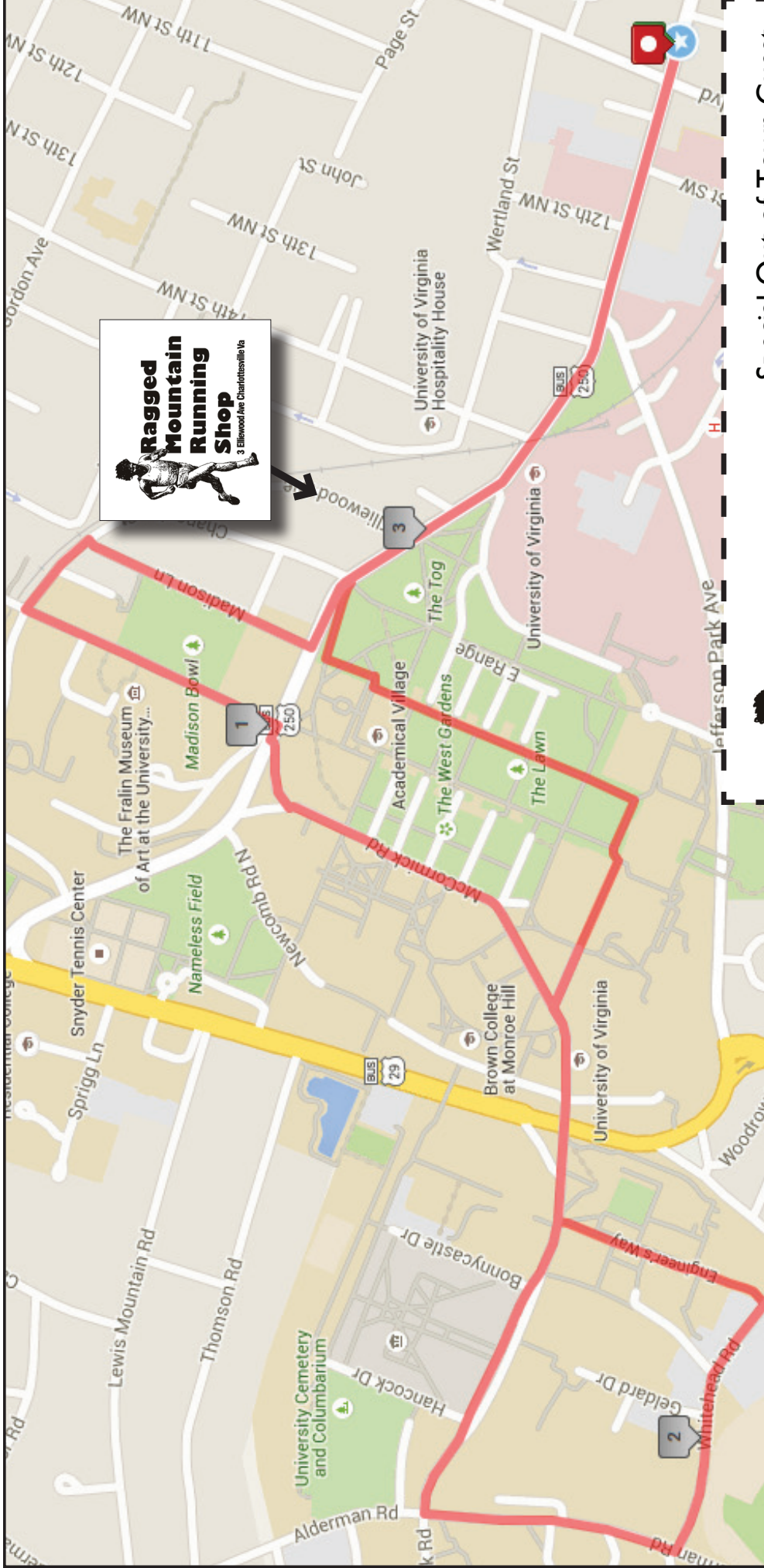
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# SHORT LOOP / UVA GROUNDS TOUR ~ 3 MILES



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# SUGAR HOLLOW RESERVOIR RUN

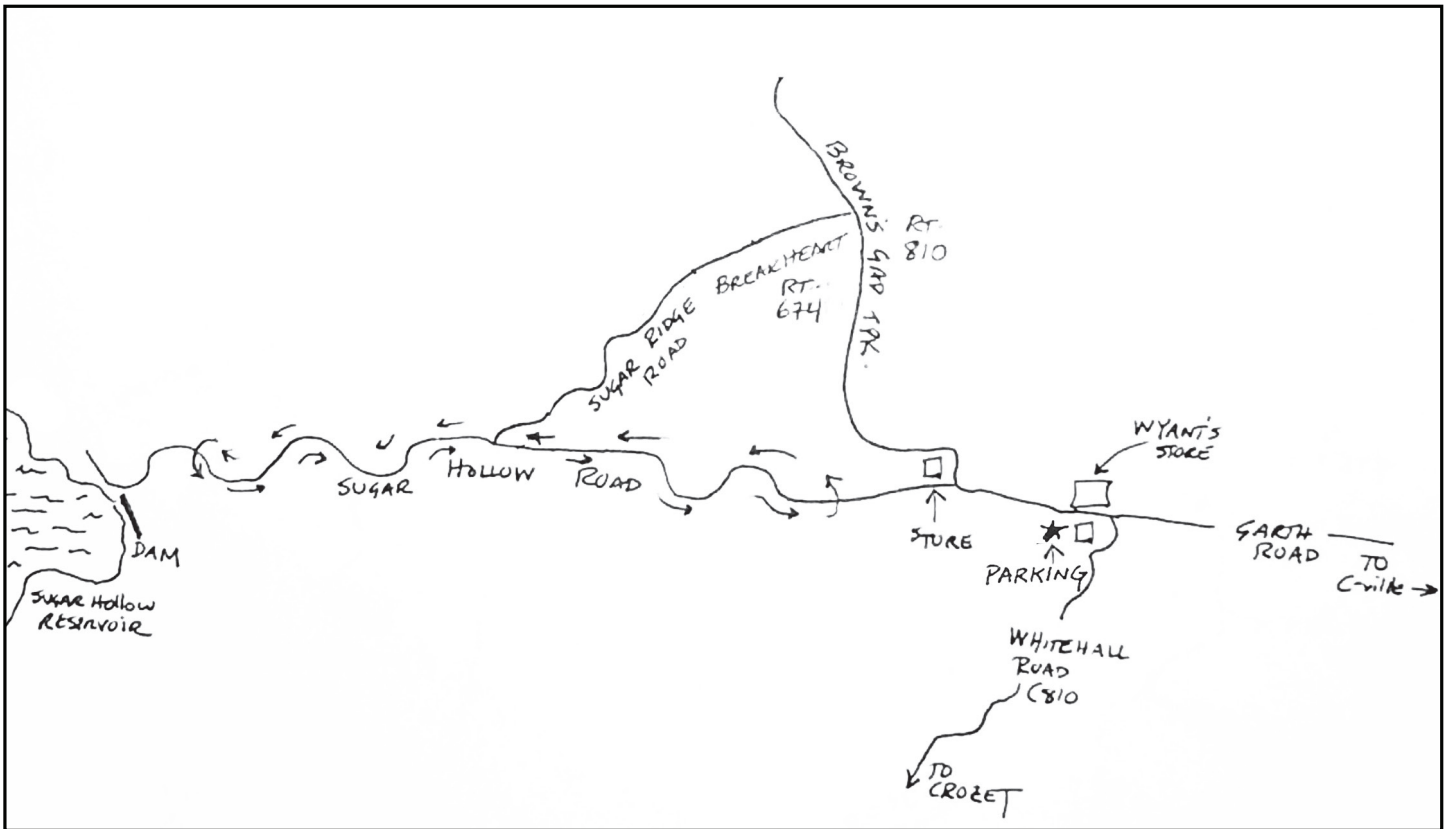
## UP TO 4.5 MILES IN ONE DIRECTION

(with options for unlimited miles of mountain trail running)

This scenic paved run starts in the Western Albemarle Village of White Hall and proceeds west following a mountain stream until the road turns to gravel at the famous Sugar Hollow Dam. Except for the hill coming out (and returning to) the village, the course, which crosses three wooden bridges, is basically flat. If you follow the road to the base of the dam and back again you will almost have a 10 mile run. If you follow the road up beyond the dam for another mile you have several trail options that ultimately bring you to the Appalachian Trail. Parking is available at the White Hall Community Center (2904 Browns Gap Turnpike, Crozet) courtesy of our friends from the White Hall Ruritan Club.

### Directions from Crozet:

Take 810 North out of Crozet for 9 miles. As you approach the "T" Intersection at White Hall you will see the Community Center on the left. Park here.

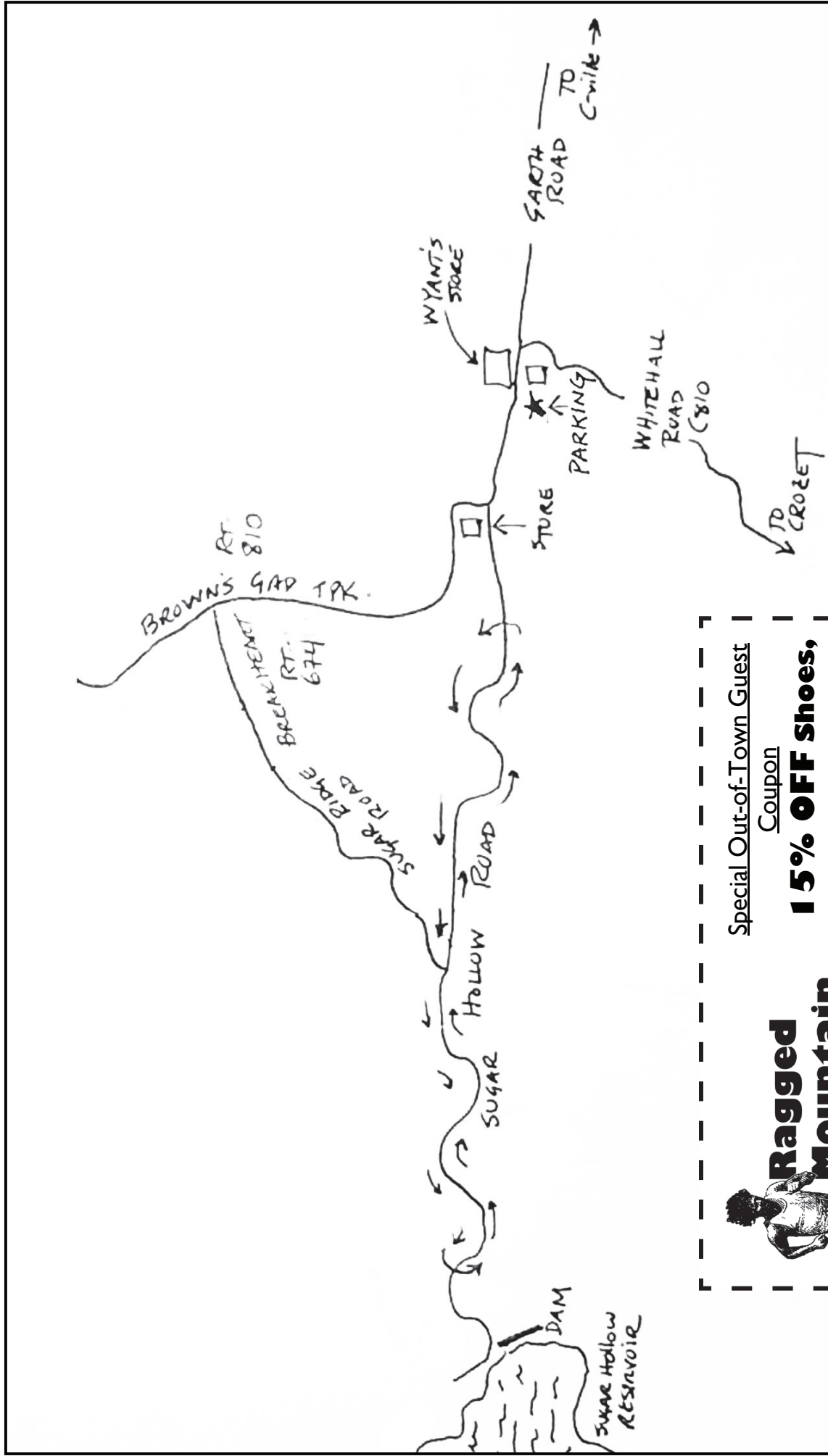


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### YOUR LOCAL RUNNING HOSTS



# SUGAR HOLLOW RESERVOIR RUN



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# UVA / DOWNTOWN TOUR

~ 6.3 MILES



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# UVA GROUNDS TOUR LOOP

## 4.75 MILES

A scenic tour of Jefferson's historic university grounds and its surrounding neighborhoods, of note are the world famous Rotunda, the UVA Chapel, The Lawn, "Greek Row" at Rugby Road, the painted Beta Bridge and "Mad Bowl."



- ➔ RIGHT ON MILMONT
- ➔ RIGHT ON ARLINGTON
- ⬅ LEFT ON MASSIE RD
- ➔ RIGHT ON COPELEY RD / ALDERMAN RD
- ⬅ LEFT ON WHITEHEAD
- ⬅ LEFT ON ENGINEERS WAY
- ➔ RIGHT ON MCCORMICK RD
- ➔ RIGHT AT AMPITHEATER
- ⬅ LEFT ON UVA LAWN
- CONTINUE ONTO UNIVERSITY AVE
- ➔ RIGHT ON RUGBY RD
- ⬅ LEFT ON UNIVERSITY WAY
- ⬅ LEFT ON LAMBETH ACROSS FOOTBRIDGE
- CONTINUE UP EMMETT ST
- ⬅ LEFT ON ARLINGTON
- ➔ RIGHT ON MILMONT TO HOTEL

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