

# **What's a Foot...**

## **A guide to Central Virginia footraces, group runs and events**

### **Weekly Group Runs**

**Monday evenings at Random Row Brewery**

**Tuesday evenings at 5:30pm at the UVa Park**

**Wednesday mornings at 5:30am at the CHS track**

**Wednesday evenings at Champion Brewery**

**Saturday mornings at 8:00am outside the UVa track**

**Sunday mornings at 6:45am at Greenberrys at Barracks Road**

For more information on these upcoming races please go to

[raggedmountainrunning.com](http://raggedmountainrunning.com)

- \*February 25- Girls on the Run 5K...open to the general public!
- \*February 25- 5K on the Hill...challenging race on hilly trails at beautiful Miller School west of town.
- \*March 4- The Haven 8K...a five mile run through the downtown area to benefit our primary day shelter for our homeless neighbors.
- \*March 11- Sugar Hollow Bridges 5K & 10K...a duo of scenic flat road races along a mountain river outside the quaint village of Whitehall in the western part of the County.
- \*March 18- The Charlottesville Ten Miler...the area's oldest and most revered footrace is a scenic and historic tour of our beautiful city and university.
- \*March 23- Olympic Marathon Gold and Silver Medalist Frank Shorter to speak at the Virginia Festival of the Book at 7pm at CHS. Free!
- \*March 26- Fix a Leak 5K
- \*April 1- Camp Holiday Trails 5K on the UVa Grounds
- \*April 1- The Charlottesville Marathon and Half Marathon...a challenging set of runs through the streets of downtown
- \*April 8- Kids Track and Field Clinic (Free) hosted by the UVa T & F athletes
- \*April 8- Zeta Run for Life 5K on Jefferson's Grounds to benefit UVa's Breast Cancer Center
- \*April 9- Run for Years 5K to benefit anti-Domestic Violence causes
- \*April 22 & 23- Virginia Challenge Track Meet at UVa's Lannigan Field, including the "Masters Mile"
- \*April 22- Run for Autism 5K and kids 400...one of the area's largest 5K's starting and finishing at CHS and all to benefit our neighbors at the Virginia Institute of Autism
- \*April 29- Montalto Challenge 5K at Monticello...an all uphill run with the single most beautiful views in all of Virginia at the finish...well worth the climb!
- \*April 29- Band on the Run 5K to benefit the CHS Orchestra at Charlottesville High School
- \*April 29- Park to Park Half Marathon...just over the mountain in Waynesboro
- \*April 30- Kids races at Panorama Farms, the state's most popular cross country course
- \*April 30- Hoos Heal 5K