

What's a foot...

Central Virginia on the Run!

June to August

The summer running scene is alive and kicking in Central Virginia with over a dozen races and community running events. Come join us!

For links to more detailed information (and registration forms) on these upcoming events go to raggedmountainrunning.com or charlottesville-trackclub.org (click "upcoming races")

AREA FOOTRACES

- *June 4- **The Wounded Warrior 5K**...at UVa's Research Park off Route 29 North...a challenging 5K with an off road/trail option at 1.5 miles
- *June 11- **"Distance Running Clinic 101"** – 7:00am at the UVa track...free and open to anyone interested in learning more about the ins and outs of training for races varying from 5K to the marathon.
- *June 12- **The Bruce Barnes Mile**...an all down-hill mile with beautiful panoramic views of the Blue Ridge mountains...9:30am at the Greenwood Community Center (about 25 minutes west of C-ville). Kids love this race too!
- *June 24- **Vine to Wine 5K**...a scenic trail race at beautiful Barren Ridge Winery...just a hop, skip and a jump over Afton mountain in Fishersville.
- *June 25- **Mimi's 5K**...a hilly but beautiful run over the panoramic hills of Trump Winery in southern Albemarle with all proceeds to benefit the UVa Heart Center
- *July 4- **Independence Day 5K**...over the rolling roads of Forest Lakes off Route 29 north. 7:30am
- *July 7, 14, 21, 28- **Charlottesville Track Club All-Comers Track Meets**...fun competition at a variety of distances for all ages. Every July Thursday evening at 6:30 at the UVa track. Only \$2!
- *July 16- **Fairview 5K**...an annual mid-summer Cancer benefit road run held in the quiet Belvedere neighborhood off Rio Road.
- *July 16- **Camp Holiday Trails Five Miler**...a challenging off road footrace over the trails bordering the outskirts of the Ragged Mountain reservoir.
- *July 23- **Full Nelson 5K** at the Blue Mountain Brewery on the famous 151 Beer Trail in Nelson.

*September 3- **The Charlottesville Women's Four Miler**...Central Virginia's largest footrace with over 3,500 females. Held on beautiful Garth Road at the historic Foxfield steeplechase course.

GROUP TRAINING RUNS

(Open to the Public)

*WEDNESDAY MORNING COMMUNITY WORKOUTS...a group of 50-75 folks (ages range from 25-75) meet each Wednesday morning at 5:30 for a variety of professionally supervised speed workouts on UVa's track. Runners are divided into appropriate pace groups (which vary from 6-12 minute pace). Free!

*MARATHON and HALF MARATHON Summer Training Program- This Charlottesville Track Club program is for folks training for a fall long distance race. The group meets every Saturday morning at 6:15. Locations vary...please call us at 434-293-3367.

*WOMEN'S FOUR MILER Training Program- another CTC program; this one for females of all ages and abilities...meets every Saturday morning at 7:00 at the UVa track, from June 18-August 27.

*SATURDAY MORNING LONG RUN GROUPS...there are always a wide variety of groups meeting for a long training run (distances range from 10-20 miles). Call Mark at 434-293-3367 for up-to-date details on which group may best match your current training needs

COMMUNITY RUNNING RESOURCE LINKS

*The Charlottesville Track Club

*The Rivanna Trails Foundation

*The Charlottesville Area Trail Club

This list was compiled by Mark Lorenzoni, who has thoroughly enjoyed directing hundreds of community footraces and coaching thousands of runners on a volunteer basis over the past 35 years. He can be reached during the day at 434-293-3367.

