

# The Run of the Town

## A Quick Ragged Mountain Guide to the Best in Cville Running

### Our Top 10 Favorite Places to Run

#### Ridge Road

Gravel road west of town,  
(4 miles one way)

#### 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 pass road  
west of town

#### Keene

Rolling gravel road south of town  
(7 mile loop)

#### Green Springs

Historic district over 20 miles  
of gravel road east of town

#### Rivanna Trail (RTF)

Beautiful 20 mile soft surface trail  
urban loop

#### Dick Woods Road

Rolling gravel road west of town

#### John Warner Parkway

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

#### Camp Holiday Trails

Reservoir Road and  
Ragged Mountain Trails

### Some Do-Not-Miss Iconic Local Races

#### Charlottesville Ten Miler

(March)

#### Women's Four Miler

(Labor Day Weekend)

#### New Year's Day 5K

(January)

#### The Haven 8K

(March)

#### Montalto Challenge 5K

(April)

#### Run for Autism 5K

(April)

#### Bruce Barnes Mile

(June)

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

(July – weekly)

#### Kiwanis Independence Day 5K

(July)

#### Pepsi 10K

(September)

#### Boar's Head Turkey Trot

(November)

#### Monticello Holiday Classic 5K

(December)

#### Men's Four Miler

### 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)

##### Marathon/Half-Marathon Training Program

(June–November)

#### Wednesday Morning

##### Community Workouts (5:30am)

[cville-speedsters@gmail.com](mailto:cville-speedsters@gmail.com)

#### Boston Bound Marathon

##### Workout Group

Contact Coach Mark

#### Champion Wednesday Group Runs

Contact James Walsh

[info@championbrewingcompany.com](mailto:info@championbrewingcompany.com)

#### Monday Random Row Run

[team@randomrow.com](mailto:team@randomrow.com)

### Contacts/Social Media

#### Charlottesville Track Club

[cvilletrackclub.org](http://cvilletrackclub.org)

[facebook.com/cvilletrackclub](https://facebook.com/cvilletrackclub)

[twitter.com/cvilletrackclub](https://twitter.com/cvilletrackclub)

#### Ragged Mountain

##### Running & Walking Shop

434.293.3367

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

[facebook.com/raggedmountainrunning](https://facebook.com/raggedmountainrunning)

[twitter.com/raggedmountain1](https://twitter.com/raggedmountain1)

#### Coach Lorenzoni

Call 434.293.3367 or text 434.962.1694

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

[twitter.com/coachzoni](https://twitter.com/coachzoni)

#### Charlottesville Area Trail Club

[facebook.com/cvilleareatrailrunners](https://facebook.com/cvilleareatrailrunners)

[twitter.com/cvilletrailrun](https://twitter.com/cvilletrailrun)

#### Rivanna Trail Foundation (RTF)

[rivannatrails.org](http://rivannatrails.org)

[facebook.com/RivannaTrail/](https://facebook.com/RivannaTrail/)



**Ragged Mountain Running & Walking Shop**

For more face-to-face information on these and many more Cville running opportunities visit us at Ragged Mountain Family.