

The Run of the Town

A Quick Ragged Mountain Guide to the Best in Cville Running & Walking

Our Top 10 Favorite Places to Run & Walk

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 (4 miles one way)

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 (8 miles one way)

John Warner Parkway

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

Some Do-Not-Miss Iconic Local Races

Charlottesville Ten Miler
(March)

Women's Four Miler
(Labor Day Weekend)

New Year's Day 5K
(January 1)

The Haven 8K
(March)

Run for Autism 5K
(April)

Montalto Challenge 5K
(May)

Bruce Barnes Mile
(June)

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

Kiwanis Independence Day 5K
(July)

Pepsi 10K
(September)

Men's Four Miler
(October)

Boar's Head Turkey Trot
(November)

Monticello Holiday Classic 5K
(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)

Marathon/Half-Marathon Training Program
(June–November)

Wednesday Morning Community Workouts (5:30am)
cvillespeedsters@gmail.com

Boston Bound Marathon Workout Group
Contact Coach Mark

Champion Wednesday Group Runs
Contact James Walsh
info@championbrewingcompany.com

Monday Random Row Run
team@randomrow.com

Contacts/Social Media

Charlottesville Track Club
cvilletrackclub.org
facebook.com/cvilletrackclub
instagram/cvilletrackclub
twitter.com/cvilletrackclub

Ragged Mountain Running & Walking Shop
434.293.3367
raggedmountainrunning.com
facebook.com/raggedmountainrunning
instagram.com/raggedmountainrunning
twitter.com/raggedmountain1

Coach Lorenzoni
Call 434.293.3367 or text 434.962.1694
twitter.com/coachzoni

Charlottesville Area Trail Club
facebook.com/cvilleareatrailrunners
twitter.com/cvilletrailrun

Rivanna Trail Foundation (RTF)
rivannatrails.org
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.