

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)

cvilletrackclub@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
twitter.com/cvilletrackclub

Ragged Mountain

Running & Walking Shop

434.293.3367
raggedmountainrunning.com
facebook.com/raggedmountainrunning
twitter.com/raggedmountain1

Coach Lorenzoni

Call 434.293.3367 or text 434.962.1694
coachlorenzoni.com
twitter.com/coachzoni

Charlottesville Area Trail Club

facebook.com/cvilleareatrailrunners
twitter.com/cvilletrailrun

Rivanna Trail Foundation (RTF)

rivannatrail.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.