






# Run Philly - Master Schedule of Philadelphia Running Clubs 2022

<http://www.RunPhilly.org/runphilly.html>

<b><u>MONDAY</u></b>				
<b><u>Start Time</u></b>	<b><u>Club</u></b>	<b><u>Start Location</u></b>	<b><u>Distance &amp; Pace</u></b>	<b><u>Course</u></b>
5:30pm	 <a href="#">West Philly Runners</a>	Penn Park, picnic table by Smith Walk entrance	3 - 5 x 1000 meter Intervals	Penn Park
6:30pm	<a href="#">Point Breeze Runners</a>	American Sardine Bar, 1800 Federal St.		
7pm	 <a href="#">Frontrunners</a> <sup>2</sup>	William Way Center, 1315 Spruce St.	5 Miles @ all paces/skills	Delaware River / Penns Landing

<b><u>TUESDAY</u></b>				
<b><u>Start Time</u></b>	<b><u>Club</u></b>	<b><u>Start Location</u></b>	<b><u>Distance &amp; Pace</u></b>	<b><u>Course</u></b>
6:15am	 <a href="#">South Philly Striders</a>	Front St. & South St.	5-7 Miles @ all paces/skills	Along the Delaware River / Penn's Landing
6:30am	 <a href="#">Fairmount Running Club</a>	Eastern State Penitentiary, 2027 Fairmount Ave.	4-6 Miles / all skills	
6:15pm	 <a href="#">Philadelphia Runner Track Club</a>	Franklin Field track, 235 S 33rd St.	Advanced/fast track work	Franklin Field track
6:30pm	 <a href="#">Manayunk Running Club</a>	Roxborough High School Track, 4701 Pechin St.	Varies / all skills	Roxborough High School Track
6:30pm	 <a href="#">Philly Runners</a>	Philadelphia Museum of Art	4.4 Miles @ all paces/skills	Kelly Drive


## WEDNESDAY

<u>Start Time</u>	<u>Club</u>	<u>Start Location</u>	<u>Distance &amp; Pace</u>	<u>Course</u>
6:30pm	 <a href="#">South Philly Striders</a>	6th St. & Race St.	3 Miles @ all paces/skills	Ben Franklin Bridge & back
6:30pm	 <a href="#">West Philly Runners</a>	Clark Park, corner of 44th St. & Baltimore Ave.	2, 4, 6 Miles @ various paces/skills	West Philly streets
6:30pm	 <a href="#">Fairmount Running Club</a>	Eastern State Penitentiary, 2027 Fairmount Ave.	5 Miles @ all paces/skills	

## THURSDAY

<u>Start Time</u>	<u>Club</u>	<u>Start Location</u>	<u>Distance &amp; Pace</u>	<u>Course</u>
6:15am	 <a href="#">South Philly Striders</a>	Front St. & South St.	5-7 Miles @ all paces/skills	Along the Delaware River / Penn's Landing
6:30pm	 <a href="#">Manayunk Running Club</a>	Philadelphia Runner, 4358 Main St.	Varies / all skills	Varies
6:30pm	 <a href="#">Philly Runners</a>	Philadelphia Museum of Art	Speed work (daylight saving time) or Hill work (eastern standard time) / all skills	Kelly Drive or Lemon Hill
6:30pm	 <a href="#">Wissahickon Wanderers</a>	Valley Green Inn	Varies / all skills	Varies (trail runs in the Wissahickon)
7pm	 <a href="#">Fishtown Beer Runners</a>	3 start points: Palmer Park (E. Palmer St. & Frankford Ave.); 7th & Bainbridge; City Hall (1400 JFK Blvd.)	3-5 Miles, Various paces/skills	Varies

<b><u>SATURDAY</u></b>				
<b><u>Start Time</u></b>	<b><u>Club</u></b>	<b><u>Start Location</u></b>	<b><u>Distance &amp; Pace</u></b>	<b><u>Course</u></b>
7am / 8:30am <sup>3</sup>	 <a href="#">Fairmount Running Club</a>	Eastern State Penitentiary, 2027 Fairmount Ave.	4-6 Miles / all skills	
8am	 <a href="#">South Philly Striders</a>	Front St. & South St.	5-7 Miles @ all paces/skills	Along the Delaware River / Penn's Landing
8am	 <a href="#">Wissahickon Wanderers</a>	Valley Green Inn	Varies / all skills	Varies (trail runs in the Wissahickon)
9am (8am summer) <sup>1</sup>	 <a href="#">Philly Runners</a>	Philadelphia Museum of Art	up to 8.5 Miles @ all paces/skills	Kelly & King Drives
9am	 <a href="#">Fairmount Running Club</a>	Eastern State Penitentiary	3-5 Miles / all skills	Carpool to the Wissahickon (trail run)
9:45am	 <a href="#">Frontrunners</a> <sup>2</sup>	Lloyd Hall, Boathouse Row	5 Miles @ 7:30 - 13 Minute Miles	Kelly Drive

<b><u>SUNDAY</u></b>				
<b><u>Start Time</u></b>	<b><u>Club</u></b>	<b><u>Start Location</u></b>	<b><u>Distance &amp; Pace</u></b>	<b><u>Course</u></b>
9am	 <a href="#">Philadelphia Runner Track Club</a>	Lloyd Hall, Boathouse Row	10 - 14 miles at advanced/fast pace	

<sup>1</sup> Philly Runners' 8am time occurs the Saturday after Memorial Day through the Saturday before Labor Day only; the rest of the year is 9am

<sup>2</sup> Frontrunners is a running/walking club open to gay, lesbian, bisexual, transgender, and heterosexual ally friends

<sup>3</sup> Fairmount Running Club's 7am time is during warmer temperatures; 8:30am when colder