



# Run Philly - Master Schedule of Philadelphia Running Clubs 5/22/2016

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

## MONDAY



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

## TUESDAY

<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
6:15pm	 <a href="#">Philadelphia Runner Track Club</a>	Franklin Field, 235 S. 33rd St.	Advanced/fast track work	Franklin Field track
6:30pm	 <a href="#">Manayunk Running Club</a>	J.D. McGillicuddy's, 111 Cotton St.	Varies / all skills	Varies
6:30pm	 <a href="#">Philly Runners</a>	Philadelphia Museum of Art	4.4 Miles @ all paces/skills	Kelly Drive
6:45pm	 <a href="#">Fairmount Running Club</a>	Philadelphia Museum of Art	Plyometric workout / all skills	Steps of the art museum

## WEDNESDAY

<u>Start Time</u>	<u>Club</u>	<u>Start Location</u>	<u>Distance &amp; Pace</u>	<u>Course</u>
6:30pm (7pm summer) <sup>3</sup>	 <a href="#">South Philly Striders</a>	6th St. & Race St.	3 Miles @ all paces/skills	Ben Franklin Bridge & back
6:30pm	 <a href="#">Southwest Center City Run Club</a>	City Fitness, 21st St. & South St.	4 Miles @ all paces/skills	Schuylkill River path to Boathouse Row & back



6:30pm	 <a href="#">West Philly Runners</a>	Abyssinia, 45th St. & Locust St.	2, 4, 6 Miles @ various paces/skills	West Philly streets
6:45pm	 <a href="#">Fairmount Running Club</a>	Fairmount Running Co., 2023 Fairmount Av.	4-5 Miles @ all paces/skills	Kelly Drive

## **THURSDAY**

<u>Start Time</u>	<u>Club</u>	<u>Start Location</u>	<u>Distance &amp; Pace</u>	<u>Course</u>
6am	 <a href="#">Fairmount Running Club</a>	Lloyd Hall, Boathouse Row	5 Miles @ 8 - 10 Minute Miles	Kelly Drive
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 or Hill work / 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>	2346 E. Susquehanna Ave.; 7th & Bainbridge (2 start locations)	3-5 Miles, Various paces/skills	Varies

## **SATURDAY**

<u>Start Time</u>	<u>Club</u>	<u>Start Location</u>	<u>Distance &amp; Pace</u>	<u>Course</u>
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)
9:30am	 <a href="#">Frontrunners</a> <sup>2</sup>	Lloyd Hall, Boathouse Row	5 Miles @ 7:30 - 13 Minute Miles	Kelly Drive

<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> South Philly Striders' 7pm time occurs May-September only; the rest of the year is 6:30pm