

Group Training Runs

As a resource for running and walking enthusiasts all over the state, ORRC is providing a list of free group training runs throughout the state as we find them. Below are links to group runs/training groups. ORRC does not endorse any of these groups, but lists them as a possible way to find a group in your area or with a more convenient schedule that ORRC can offer. Good luck with your training!

Groups in Portland Area

ORRC Tuesday & Thursday Night Workouts

ORRC offers training nights every Tuesday night and Thursday night.

Tuesday night SPRING/SUMMER workouts meet behind the CEDAR HILLS RECREATION CENTER near the playground structures. The Rec. center is located on the corner of Cedar Hills Blvd. & SW Park Way in Beaverton at 11640 SW Park Way, Beaverton, 97005. The workouts begin at 5:45 pm with the warm ups.

Tuesday night WINTER workouts are held at the CATLIN GABLE SCHOOL TRACK, which is on the west side of Portland at 8825 SW Barnes Road. Workouts begin at 6pm and end at 7pm. Suggested arrival time is 5:45pm for warm-up.

Thursday Night Workouts

Walkers, joggers, and speedsters can join the fun every **Thursday night** at the CLEVELAND HIGH TRACK, S.E. 33rd Avenue, just north of Powell Blvd, 5:45 pm

www.orrc.net/training/training.htm

Fit Right NW

NW Raleigh store. The first Thursday run each month at 6:00pm

Similar to a scavenger hunt, runners run to various checkpoints in downtown Portland to receive raffle tickets good for prizes at the end of the run (7:00pm).

Various other free group runs throughout the year in conjunction with other events. See website for details

www.fit-right-nw.com/fun-runs.html

Foot Traffic

Free training runs on different days of the week at different locations.

Monday evenings: Lake Oswego store at 6:00pm

Tuesday evenings: NE store at 5:45pm

Wednesday afternoon: Downtown store at Noon

Thursday evenings: Downtown store at 5:45pm

Thursday evenings: Lake Oswego store at 6:15pm (seasonal, not in winter due to darkness)

www.foottraffic.us/runs

Pacesetter Athletic

Wednesday evenings: SE Portland store at 6:00pm

www.pacesetterathletic.com/Events.htm

Portland Running Company (PRC)

Free training runs on different days of the week at different locations.

Monday & Wednesday evenings: Westside run at 6:00pm Scholls Ferry PRC

Tuesday evenings: West Linn High School at 6:00pm

Saturday mornings: West Linn PRC at 8:00am

Sunday mornings: Leif Ericson Trailhead at end of NW Thurman at 8:00am

www.portlandrunningcompany.com/events/group-run

Red Lizard

Monday evenings: Downtown run at SW 6th & Salmon at 5:30pm

Monday evenings: Westside run at the Portland Running Company store on Scholls Ferry at 6:15pm in spring-summer, and at 6:00pm in winter-fall.

Tuesday evenings: Duniway Track on Barbur at 6:00pm

Wednesday evenings: The Pub run at Macadam Fulton Pub at 6:00 & 6:15 (slower runners start first)

Thursday evenings: Hit the Hills runs at 19th & Madison behind the Goose Hollow Inn at 6:00pm

Saturday mornings: Run with the Dogs at the Petco in Lake Oswego at 9:00am (seasonal, closed in winter)

www.redlizardrunning.com/group-runs

Team Oregon

Free group training runs every Saturday at 8:00am beginning in April in preparation for the Portland Marathon in October (please note, this is separate from their "seminars/clinics" which cost money and are listed on the same website). Up to 12 pace groups provided. See website for locations as they vary each week.

www.teamoregon.com/pmc/training

Groups in Salem Area

Willamette Valley Road Runners (WVRR)

Saturday mornings: At Governor's Cup Coffee House at 7:00am (note this is separate from their "for-fee" training programs listed on the same website)

www.wvroadrunners.org/where.shtml

Groups in Eugene Area

Eugene Running Company (ERC)

Monday evenings: At the ERC store at 6:00pm. All paces welcome. Run at Alton Baker Park and Pre's Trail during the summer months, and the Willamette River Bike Path/Valley River during winter months

Tuesday evenings: Beginners group runs at the ERC store at 6:00pm. Open to all who are looking to start or return to running, with individualized coaching as groups run at the bark dust loop trail in Oakmont Park

Thursday evening: Performance group runs at 6:00pm. A speed group designed to help all runners of all levels improve their speed. Please see website for locations since they vary

Sunday morning: Bagel runs at the ERC store at 9:00am. Runners of all abilities welcome. Join afterwards for bagels

(note these runs are separate from their "for-fee" training programs listed on the same website)

www.eugenerunningcompany.com/home/erc1/smartlist_37/Running_Groups.html

Groups in Central Oregon Area

Central Oregon Running Klub (CORK)

Saturday morning: Drake Park run at 8:00am (near the restrooms)

Second Saturday of the Month: Hot Chocolate Run, November – February at Shevlin Park at 9:00am

www.centraloregonrunningklub.org/runs.htm

Fleet Feet Sports

Wednesday evening: At the Westside Fleet Feet store on Galveston, at 6:00pm. All abilities welcome. Two groups run between 3-5 miles, one group in the 10:00+ min/mile range, the other in 8:00-9:00 min/mile range

www.fleetfeetbend.com/events/weekly-runs-events

Footzone

Tuesday evening: Performance group with Max King at 5:30pm. See website for location as they vary

Wednesday afternoon: Noon time run at the Footzone store in downtown Bend on NW Wall St. at Noon

Wednesday evening: Learn to run group at the Footzone store in downtown Bend on NW Wall St. at 5:30pm (note this is separate from the "learn to run" classes that charge a fee)

Sunday morning: Women's running group at the Footzone store in downtown Bend on NW Wall St. at 9:00am

(note these runs are separate from their "for-fee" training programs listed on the same website)

www.footzonebend.com/events/events_calendar

Groups on the Oregon Coast

South Coast Running Club

Tuesday and Thursday afternoon: at Herning and Briggs at 7th and Elrod, Coos Bay at Noon

Thursday morning: Back of Farr's Hardware in Coos Bay

Saturday morning: Trail run from Sunset Bay to Cape Arago and back (10 miles)

(note: be sure to call before you go to make sure someone will be there!)

www.southcoastrunningclub.com/id11.htm

Groups in Southern Oregon

Southern Oregon Runners

Wednesday evening: At Phoenix High School, at 6:00pm. Run or jog under the lights

Saturday morning: Pear Blossom and Spring Marathon Training runs, January through April at Fleming Park, Rogue River (under the new bridge at I-5, exit 48) at 8:00am. See website for specific dates since runs are not held on race days

<http://sorunners.org/pages/training.shtml>

Groups in the Columbia Gorge Area

Columbia Gorge Running Club

Wednesday evening: Track workouts at Stevenson High School, in Stevenson, Washington at 6:00pm. All abilities welcome.

www.columbiagorgerunningclub.com/page6.php