

CCAC WEEKLY RUNS SUMMER 2025

MONDAY:

Cape Cod Beer, meetup 5:45, runs starts 6pm

TUESDAY:

Chatham Harbor Run

Meet at **Chatham Middle School** at 5:30 PM for a 6.2 mile tour of Chatham on the Chatham Harbor Run course. Paces vary 6-11:00 min/mile as well as a walking group.

Marathon Sports Cape Cod Run Club

Run Club starts at 6pm

Run/walk options available

Refer to FB page for weekly updates

WEDNESDAY:

Paul's Track Workout – Hyannis

Join the group on the Barnstable High School track at 6:00PM for a semi-formal, group track workout. **Group Contact: Cape Cod Coaching**

THURSDAY:

Brooks Park 8 – Harwich Center

Meet at 5:00PM at Brooks Park in Harwich Center and run a loop that includes the bike path and Bells Neck conservation lands. Not up for the whole 8? Hop on the bike path and do a short loop through Thompson's Field or a few laps on the Monomoy High School track.

Barnstable Brewing Fun Run – Hyannis

Run with the Barnstable Brewing Run Club through the Barnstable neighborhoods and enjoy a sweet drink after! The group launches at 5:45PM. **Group Contact: Barnstable Brewing Run Club**

SATURDAY:

Barnstable Village Run – Barnstable Village

Meet at various times between 6:00AM and 9:00AM in the upper lot behind the **Barnstable Fire Station**. 5 mile loop course, groups do anywhere from 5-20 miles. During Boston buildup the group meets every other Saturday. Paces vary 7:30-10:30 min/miles. **Group Contact: Mary Duchesney**

Parkrun, Old Town House Park, 144 Old Town House Road, South Yarmouth

Parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. Parkrun is 5k and takes place every Saturday morning.

Parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last. Everyone is welcome.

Contact: <https://www.parkrun.us/oldtownhousepark/>