CCAC WEEKLY RUNS
SUMMER 2026

MONDAY

Treehouse Brewing, meetup 5:45 PM

TUESDAY

Chatham Harbor Run
Meet at Monomoy Middle School at 5:30 PM for a 6.2 mile tour of Chatham on the Chatham Harbor Run course. Paces vary 6:00 - 11:00 min/mile as well as a walking group.
Some people meet at Monomoy Middle School at 5:30 and some people meet at the CVS parking lot at 5:00. The groups can be hit or miss.
Group Contact: Rich Houston

Marathon Sports Cape Cod Run Club
Run Club starts at 6:00 PM
Run/walk options available
Refer to FB page for weekly updates

THURSDAY

Brooks Park 8 – Harwich Center
Meet at 5:00 PM 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.

Hyannis Thursday Night Fun Run at Finn's Tap House – Hyannis

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

SATURDAY

Barnstable Village Run – Barnstable Village

Meet at various times between 6:00 AM and 9:00 AM 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/

SUNDAY

Trail of Fools Trail Run – Various
Find a new favorite trail to run on! The Fools change times and locations so check the latest posts on Facebook for details.
Group Contact: Trail of Fools Running Group

Aquatic Brewing Sunday Fun Run – Falmouth
Starts at 11:30 AM every Sunday. Depart from Aquatic Brewing at 661 Main Street in Falmouth to run a fun, neighborhood 5K. Entry is free, times are self-reported.