



Walking and Running Groups in Chatham County

One of the simplest ways to be active is to walk. Walking is a great way to get your daily activity and many health benefits that come from physical activity. Walking is a gentle and low impact exercise. All you need is a pair of good walking shoes and comfortable clothes. Here are walking and running groups near you!

Central Carolina Community College* 764 West Street, Pittsboro

Day and Time: *Wednesdays 5:15 pm (March 21-November 8)*

Contact Person: Lisa Thomas- tumblintots@att.net

Northeast District Park, 5408 Big Woods Rd., Chapel Hill

Day and Time: *Tuesdays 8:00 am, Thursdays 6:00 pm (April-November)*

Contact Person: Rocco Richard -rocco.richard@chathamnc.org

Sponsored by: Chatham County Parks and Recreation

Northwest District Park, 2413 Woody Store Rd, Siler City

Day and Time: *Saturdays 9:00am and Mondays 9:00 am (April-November)*

Contact Person: Rocco Richard -rocco.richard@chathamnc.org

Sponsored by: Chatham County Parks and Recreation

Pittsboro Running Club*

Day and Time: *Tuesdays and Thursdays 6:30 am*

Contact Person: <http://sites.google.com/site/pbrun4/>

Pittsboro Senior Center, 365 Highway 87, Pittsboro

Day and Time: *Monday, Wednesdays, Fridays (April-October at 9 am, November-March at 2 pm)*

Contact Person: Lindsay Hickling- Lindsay.hickling@chathamcouncilonaging.org

Sponsored by: Chatham County Council on Aging



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Robeson Creek Greenway, Pittsboro

Day and Time: *Tuesdays 5:15 and Wednesdays 12 Noon (March 20-November 8)*
Meet at 80 East Street

Contact Person: Megan Bolejack- megan.bolejack@chathamnc.org

Sponsored by: Chatham County Public Health Department

Southwest District Park, 15124 NC Hwy 902, Bear Creek

Day and Time: *Mondays, Tuesdays, Wednesdays, 8:00am and Thursdays 6:00pm*
(April-November)

Contact Person: Rocco Richard [-rocco.richard@chathamnc.org](mailto:rocco.richard@chathamnc.org)

Sponsored by: *Chatham County Parks and Recreation*

Western Chatham Senior Center, 112 Village Lake Rd, Siler City

Day and Time: *Time varies*

Contact Person: Kay Maddox- Kay.maddox@chathamcouncilonaging.org

Sponsored by: Chatham County Council on Aging

Sponsored groups meet and walk or run at the county, town or government facilities or identified sponsored locations. The walk or run is lead by county staff or designated volunteers. Incentives may be provided to sponsor and non-sponsored groups.

*Non sponsored groups are organized by other groups other than county, town, government staff or designated volunteers. The walking or running activities may take place at another location other than the county, town or government facilities. The county, town, governmental agencies, etc. make no recommendation with respect to such non sponsored groups (or any activities they undertake). The list is provided as a convenience to our community. The county, town, governmental agencies, etc are not responsible for any injuries, etc. that may occur during the organized walks /run or any other activity organized by a non-sponsored group. Listing of non-sponsored groups will be at the discretion of the committee. Interested participants should investigate the suitability of a non sponsored group before participating in any of its activities.