The Moscow Times
30 YEARS
INDEPENDENT NEWS FROM RUSSIA

Moscow Running Clubs to Get You Out the Door

By The Moscow Times

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Summer Race Calendar

May 18 — Moscow Half-Marathon (10K, 21.1K)
newrunners.ru

May 23 — New Balance charity run (5K, 10K)
nbrun.ru

May 23 — Green Marathon (4.2K)
sberbank-marathon.ru

May 23 — Run, Heroes (3K, 10K, 21.1K) (Nizhny Novgorod)

vmeste.yandex.ru

June 21 — Nike Women's 10K
nike.com

June 21 — Color Run (5K)
newrunners.ru

June 28 — White Nights Marathon (10K, 42.2K) (St. Petersburg)
wnmarathon.ru

Aug. 2 — Golden Ring Ultra Trail (10K, 30K, 50K, 100K) (Suzdal)
goldenultra.ru

July 4 — Water Run (5K)
dreamrun.ru

July 18 — Night Run (10K)
newrunners.ru

Aug. 9 — Color Boom (5K)
newrunners.ru

Aug. 16 — Musical Half-Marathon (21.1K run or handbike)
newrunners.ru

Sept. 6 — Thunder 10K
3sport.org

Sept. 12 — Golden Ring Half-Marathon (3K, 10K, 21.1K) (Yaroslavl)
yaroslavlhalfmarathon.com

Sept. 12 and 13 — Autumn Thunder (kids fun run, girls run, half-marathon)
3sport.org

Sept. 20 — Moscow Marathon (10K, 42.2K run or handbike)
moscowmarathon.org

If you're inspired by the warm early summer weather to spend more time outdoors, there's good news, because whether you want to start training in earnest for September's Moscow

Marathon, meet some friendly fellow runners, or simply take a gentle jog and enjoy being out in the fresh air, Moscow has many groups catering to every type of runner. Here are a few of the best:

Forest Runners — A friendly and informal running group for those who want to run in good company and enjoy nature. Anyone wishing to attend should simply turn up to one of the runs announced on their Facebook group or VKontakte page. They take place roughly once a week, usually in Kuzminsky Park.

Moscow Running School — For those who take their running seriously, including beginners who want to improve their technique and experienced runners who want to push themselves further, Moscow Running School hosts training sessions every day of the week at one of three locations: CSKA Universal Sports Hall, Luzhniki stadium and Moscow State University sports hall. A full schedule of training and locations can be found on their website. The cost of joining is 4,600 rubles ($94) for four weeks or 6,000 rubles ($122) for six weeks, which covers running training, team interval training, aerobics sessions, technical guidance and consultation with a personal trainer.

Moskva River Runners — The stated purpose of this running group is not heavy training or breaking personal records, but simply enjoying one another's company and taking in the scenery along Moscow's riverbanks. They can be reached by e-mail at moskvarunners@gmail.com or on their Facebook page, where they regularly announce upcoming runs. The club is based at the SneakerHead Russia shop, 4 Nizhny Kiselny Pereulok and all runs start from this location.

Selfmama, Run! — A running group especially for mothers, this is also a supportive community run by women who understand the difficulty young mothers face when trying to find time for themselves while caring for children. The group welcomes those who are just starting running or who have never run before. Their regular runs take place on Wednesdays at 11:00 a.m. at Severnoe Tushino park, Saturdays at 10:30 a.m. at Bauman Garden and Sundays at 10.00 a.m. at Severnoe Tushino park. Any mother can participate simply by joining Selfmama's Facebook group and going to one of the runs announced there.

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