

# URBAN TRAIL

# 9AM

SUNDAY

Every Sunday Morning at 9AM, go off-road in the ROC with RRC

Sunday runs are designed as social "shakeout runs": slower, relaxed, no runner left behind.

Expect to run for ~50 mins on easy out and back or looped trails

We will rotate locations each week!

## Sunday- Mendon Ponds



Park in the Nature Center parking lot- first right off  
Route 65 (Clover St.)

**Where:** Mendon Ponds nature center parking lot  
(right off third entrance off Route 65)

**When:** 9:00 AM Sunday Morning

**What:** Relatively flat loop of trails

**Why:** Wide, groomed trails, feeling of nature

**Suggested Footwear:** Trail Shoes

Terrain may vary by weather and time of year. Often  
true trail shoes may not be necessary for Sunday runs.

Love these beginner trails and looking for more? Check out  
[TrailsRoc.org](http://TrailsRoc.org)