

Weekly Runs/Walks

FLEET FEET FUN RUN - Every Sunday at 9:00 AM runners gather at FLEET FEET Sports Adams Morgan for a sociable ~5 mile Fun Run. Courses vary from week to week and are usually partly through the city streets and partly through Rock Creek Park. We typically have 20-30 runners and paces vary from 7 - 12 minute miles. It's free! FF LADIES NIGHT!!!

~~~~~ FLEET FEET Ladies Night Fun Run! Ladies will begin to gather at FLEET FEET at 6pm on Wednesdays and head out to run at 6:30 on a 3 - 5 miles course we will provide. We would LOVE to have you, your moms, your sisters, your best friends, your nieces, your grandmothers, your co-workers, and any other ladies in your life! We'll see you then!!