

Village Runner Training Routes Guide

By and for the Village Runners Running Group

Welcome!

We are glad to have you run with us. We built this guide to help you in your running journey and to help you get to know us. After a look through this, runners new to our group may not feel quite so lost when we take them down yet another new trail or 'hobbit hole' deep in the PV wilderness, on the way to their running goals.



We meet Sunday Mornings and Tuesday Evenings at Village Runner Redondo Beach and Thursday evenings at Village Runner Manhattan Beach. Start times can vary with seasons so it's best to get these from [our website](#)

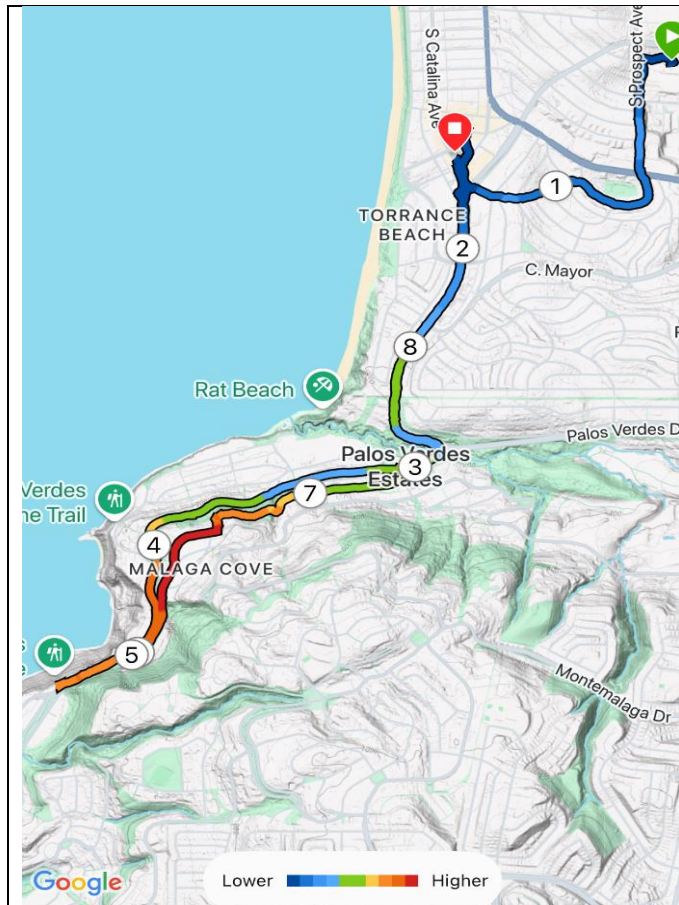
This guide is organized around the popular courses we tend to train on at these weekly runs. Distances and elevations are rough estimates to the nearest mile or hundred feet, and there are many variations to each course – these are just a few to start with.

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Sunday Morning Runs

Wherever our Sunday courses may take us, we start at Village Runner Redondo in the Riviera Village, and finish up at Hennesey's tavern where many of us share coffee and breakfast while assessing our run and planning the week ahead.

Bluff Cove Run



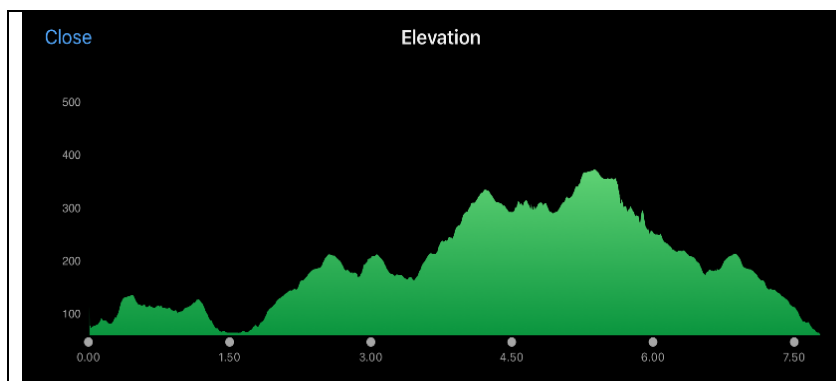
Distance – 6 miles

Elevation gain – 375 ft

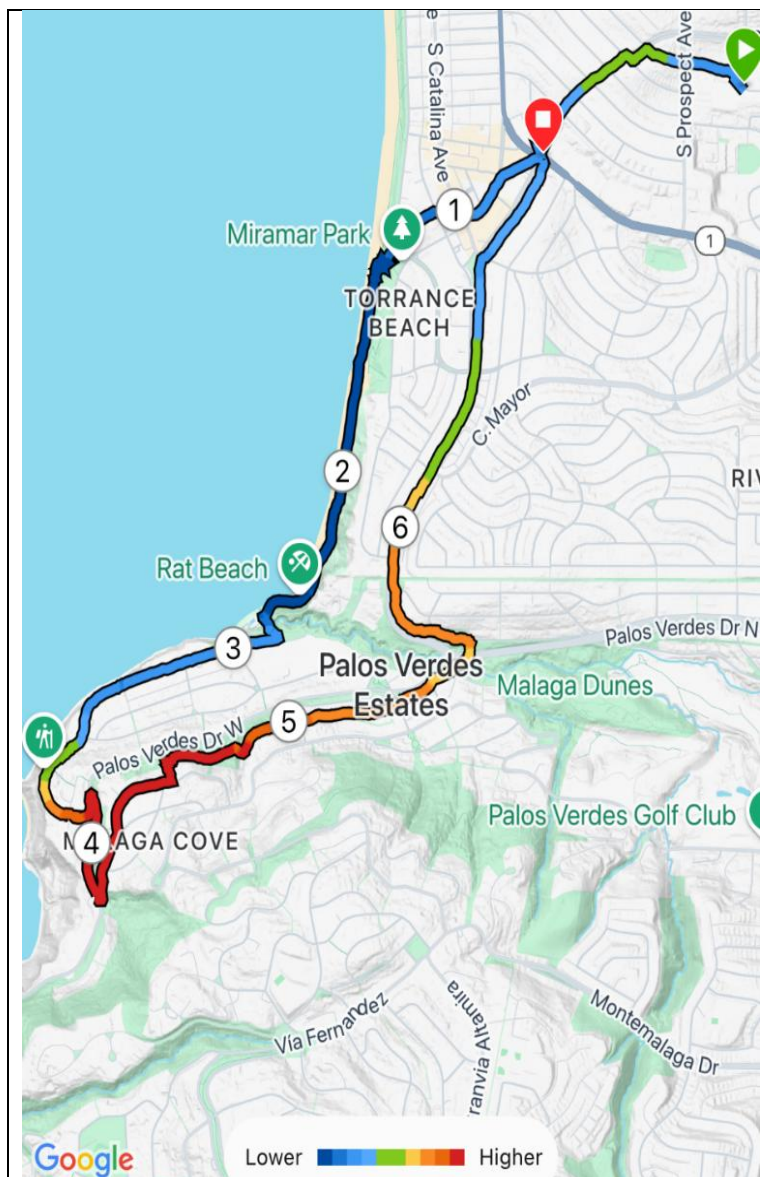
80% sidewalks/roads, 20% trails

It's a 3-mile gradual climb south on PV Drive West from Riviera Village through Malaga Cove to the Bluff Cove parking lot. Then it's 3 miles back down, with a detour off PV drive west onto the 'sewer trail'. Don't let the name keep you away – it's got some great views. The trail starts with 140 stairs down off Via Arriba at about mile 4 and emerges behind the fire station in Malaga Cove at about mile 5. The firefighters there are very friendly, even offering us waters, and a bathroom if needed.

Note, the mile marker circles on this and other maps in this guide are not very accurate. I often start my watch when I start running, a mile before the 'official start' at Village Runner Redondo, plus the GPS on my Garmin watch wanders off a lot



Rat Beach Run

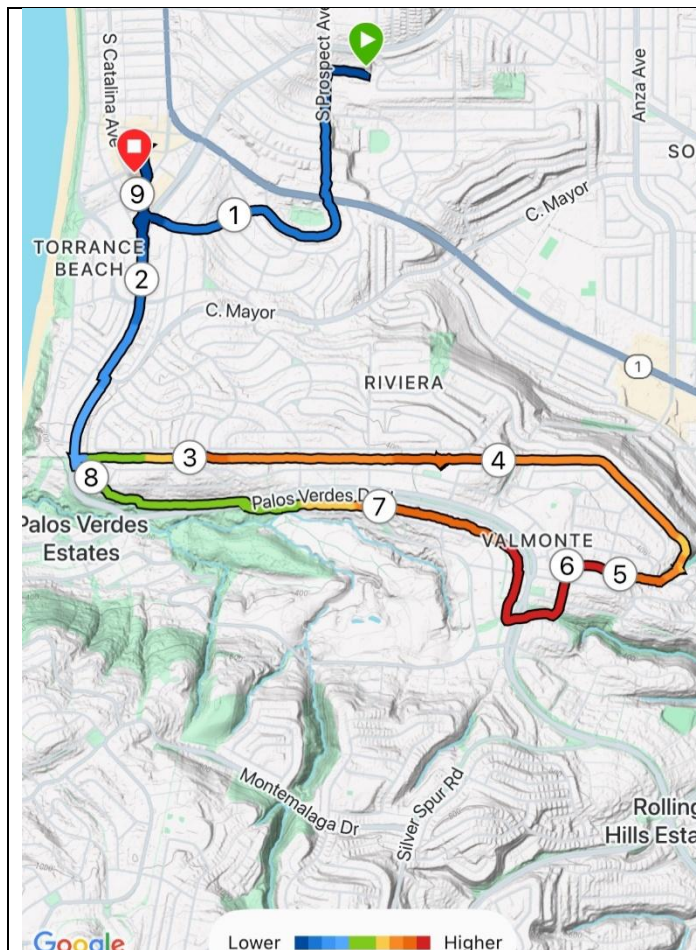


Distance – 6 miles
Elevation gain – 370 ft
70% sidewalks/roads, 10% beach sand, 20% trails

This run has the same elevation gain as the Bluff Cove run, but it comes in a shorter distance and is much steeper. Head down to RAT beach from Riviera Village and take the sand or strand south to the hotel at Malaga Cove. Head uphill from there, following roads west along the shoreline to the Bluff Cove parking lot. Then it's 3 miles back downhill, with a detour off PV drive west onto the 'sewer trail'. The trail starts with 140 stairs down off Via Arriba at about mile 4 and emerges behind the fire station in Malaga Cove at about mile 5. From there take PV Drive west north back to Riviera Village



Telephone Pole Trail Run

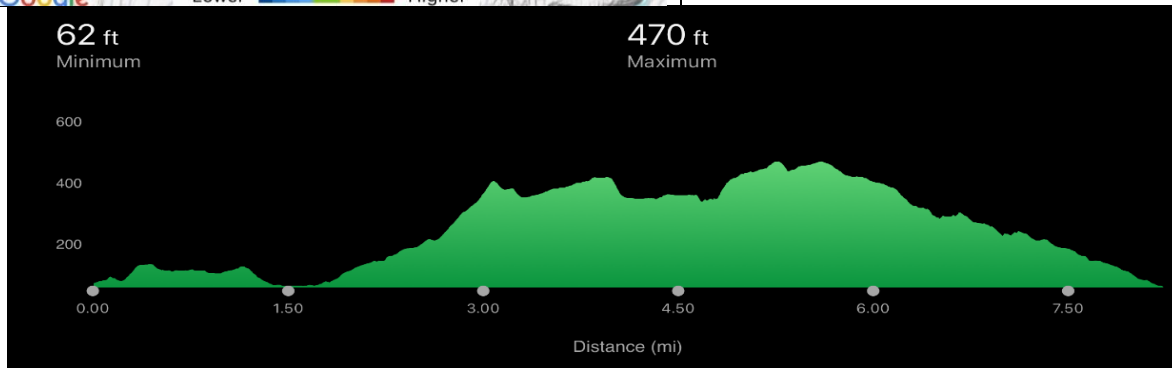


Distance – 7 miles

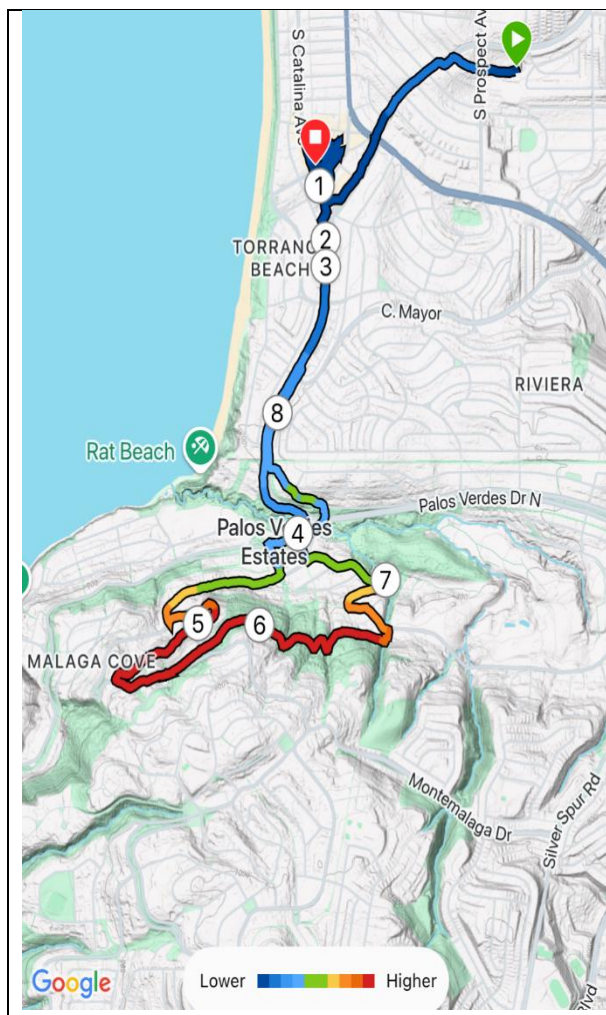
Elevation gain – 400 ft

Half sidewalks/roads, Half trails

This run gives you 3.5 miles of trail running with gradual rolling hills, past some huge Eucalyptus trees and PV backyards. Head south on PV drive west from Riviera Village, uphill until Paseo de La Playa intersects from the right. Just past that you'll see the west entrance to the trail on the left. After 2 miles the trail comes to a T. There's a rope swing her for the adventurous. One variation of this run adds about a mile by taking a left at this T for an out-and-back to the Pepper tree at Paseo De Las Tortugas. The course on this map takes a right at the T, and heads down the trail by PV Drive south back to PV drive west. From there take PV Drive west north back to Riviera Village



La Venta Run



Distance – 6 miles

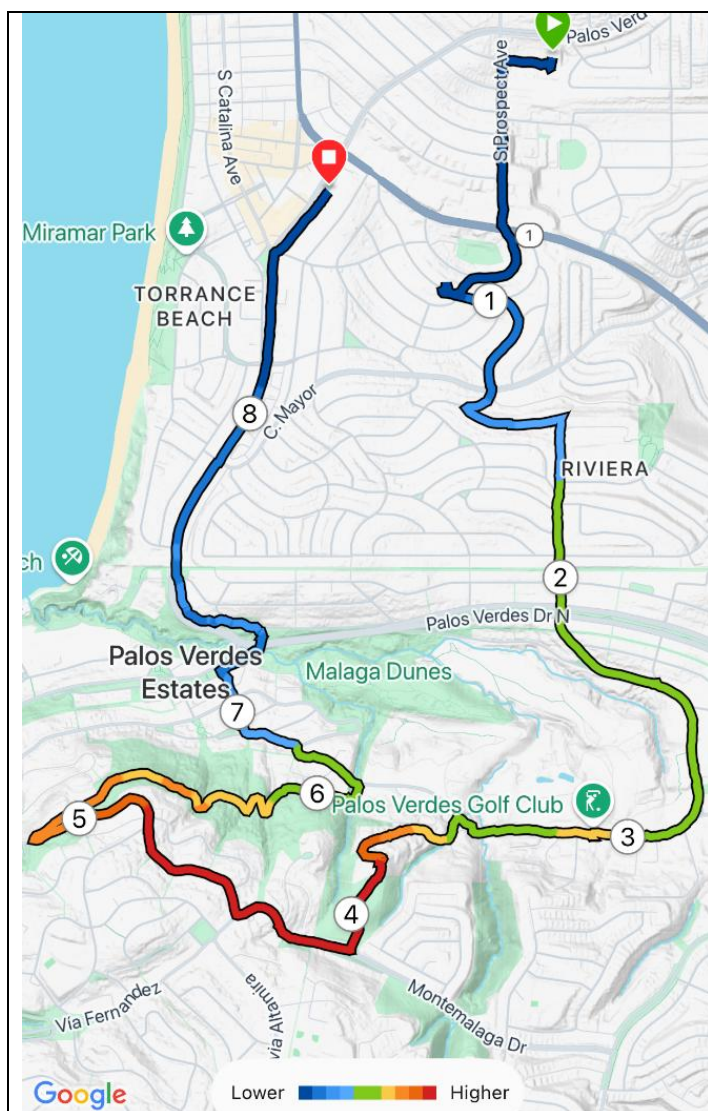
Elevation gain – 600 ft

All sidewalks/roads, no trails

This is a good course when you want some hill training but the trails are muddy from rain. Head south on PV drive west from Riviera Village, uphill to Malaga Cove. Take a left on Via Corta. From there you can grab Via Campesina west on roads or via a 'hobbit hole' up if you know the way. Head uphill on Via Campesina and take a sharp left on Via Somante. This takes you uphill to La Venta Inn. Continue up to Via Del Monte where you will take a left to your max elevation at 'Queen's Necklace'. From here, take the fire road (Paseo Del Sol) downhill back to Via Campesina. Take a left at the bridge and head back into Malaga Cove. You may well encounter some peacocks and even more 'hobbit hole' shortcuts if you can find them. From there take PV Drive west north back to Riviera Village. One variant of this runs goes under the bridge at Via Campesina, and follows a trail through woods that come out in Malaga Cove.



PV Golf Course/La Cuesta Run



Distance – 8 miles

Elevation gain – 800 ft

95% sidewalks/roads, 5% trails

With an elevation gain of almost 800 ft, this run takes you about 2/3rds of the way up the full 1188 ft max elevation of the PV peninsula. This is a great course to prepare you for a hilly 10k.

From Riviera Village, take the course of your choice south, climbing gradual hills to Paseo Del Campo on the north side of the PV golf course. Follow the roads clockwise around the golf course. After passing the club house, take a left on La Cuesta, a steep 1/3-mile road. At the end, take the short trail through Grandview Park to Granvia Altamira. Go right and continue uphill to Via Del Monte. Follow this down to Paseo Del Sol. Take a right and run downhill back to Via Campesina. Just like the return from the La Venta run



Christmas Brunch Run



Distance – 4 miles

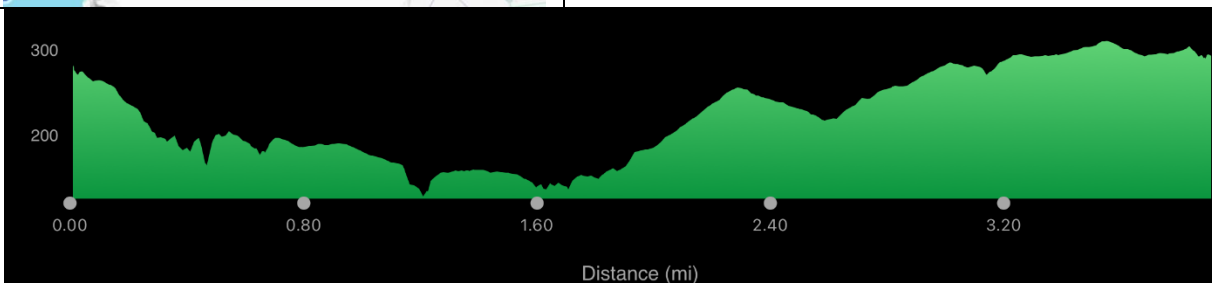
Elevation gain – 300 ft

1/2 sidewalks or roads, 1/2 trails

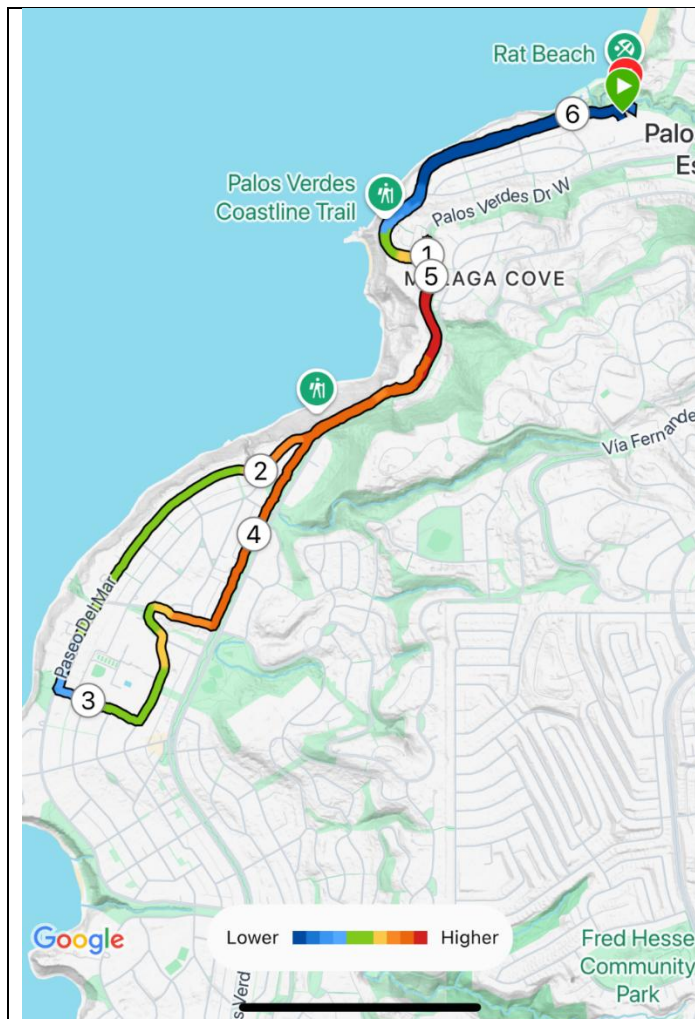
This run is held annually in mid-December, and features a potluck brunch at the end. As much about the socializing as the training, it's still a fun 4 mile run together, starting along the coast with great cliff-top views going out.

This run starts and ends at the parking lot overlooking Bluff Cove – the turn-around point for our Bluff Cove run. Head west along the coastline, and turn left at Paseo Lunado into Lunada Bay at mile 2. Take another left at PV drive west and follow the trail between lanes back to the start.

The trail ends at the 'wishing tree,' where we put our hands on the tree and make a wish for the coming new year. From there head back to the parking lot and enjoy breakfast with friends and look back on your running year together.



Coach's Handicap Run



Distance – 6 miles
Elevation gain – 275 ft
All roads

Coach's Handicap is a Club Ed Race. Ed gets time estimates from all runners and gives us handicapped start times that would have all runners finish at the same time if our estimates were right. We never finish at the same time, but it helps us estimate our 10k pace and time accurately.

All the elevation is gained in mile 2 so it's a steep climb, with 4 miles still to go after that.

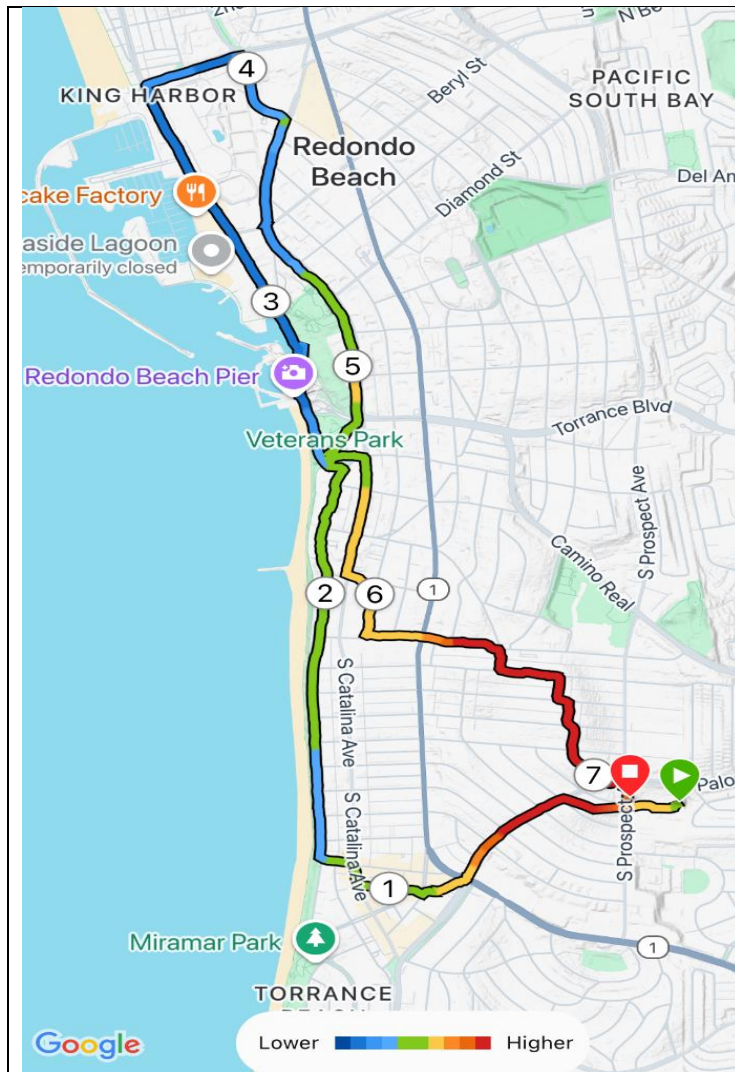
Head west out of Malaga Cove school parking lot. And follow roads along the shore to PV drive west. Take Paseo Del Mar west to Epping Road where you go left around PV High School. Take PV drive west north and return the same route you ran out.



Tuesday Evening Runs

Wherever our courses may take us, we start at Village Runner Redondo in the Riviera Village, and finish up in the parking lot behind the shop. After the run, many of us share dinner at Redondo Beach Brewing Co.

Esplanade + Run



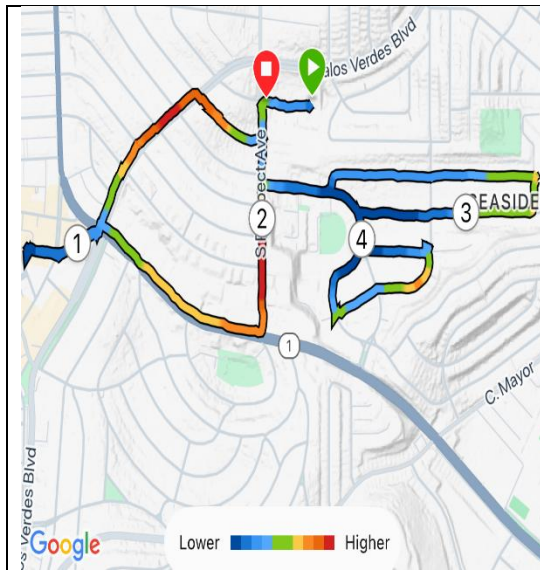
Distance – 4 to 6 miles
Elevation gain – minimal
All sidewalks or roads, no trails

This run almost matches the Village Runner July 4th 5K race course.

Everybody runs from Village Runner west to Esplanade, where we head north. Some take Esplanade, some take the Strand and some run on the sand. Turning around just past the Redondo pier gives you about 3 miles. Turning at Gould gives you about 4.5 miles. Turning at Herondo about gives you 6 miles. Some go all the way to Manhattan Beach pier for about 8 miles.

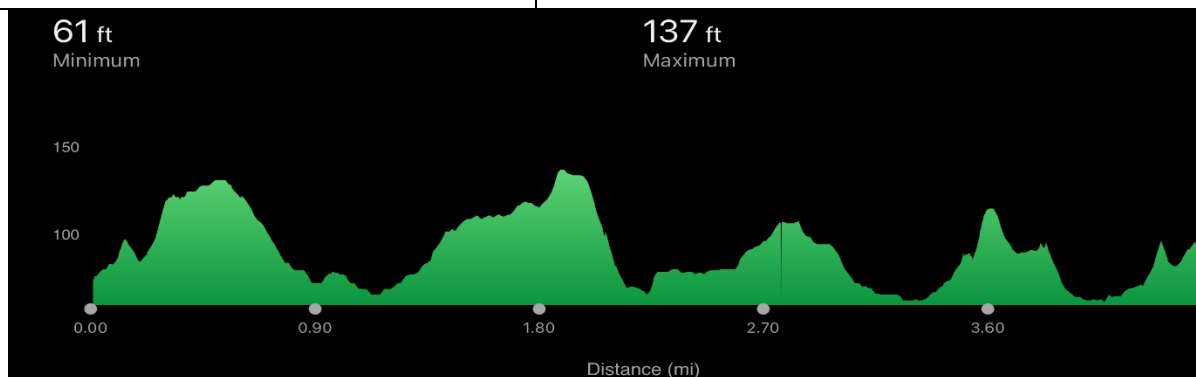
The course map here shows my own variant on this run, starting and finishing east of the Village Runner store in the Riviera Village. This route turns at Herondo and adds some small hills for a total 7 miles.

Christmas Lights Run



Distance – 4 miles
Elevation gain – 150 ft
All sidewalks or roads, no trails

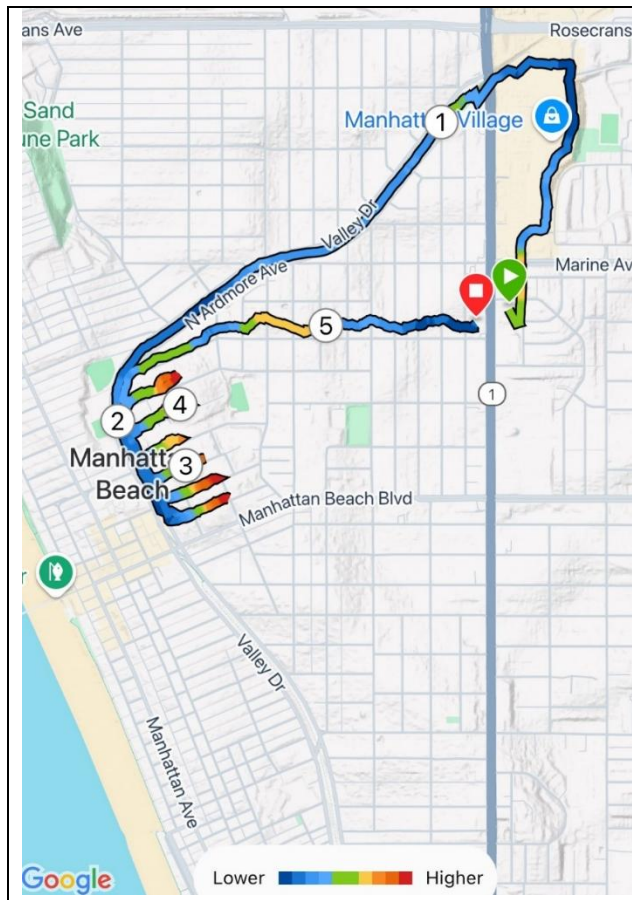
This run is held annually in early-December, and winds through the Torrance Christmas Lights neighborhood famous for its light shows in December. Ed Arenberg designed the course and guides the run each year. That's Ed in the Christmas hat at the bottom of the photo below. As much about the socializing as the training, it's still a fun run together with friends and has a couple decent hills. We often team up with South Bay Running club and I have seen groups as large as 50 on this run!



Thursday Evening Runs

Thursday evening runs start and finish at Village Runner in Manhattan Beach, in the parking lot behind the shop. After the run, its rumored some may share adult beverages in the parking lot.

Wood Chip Trail – Hill Repeats Run



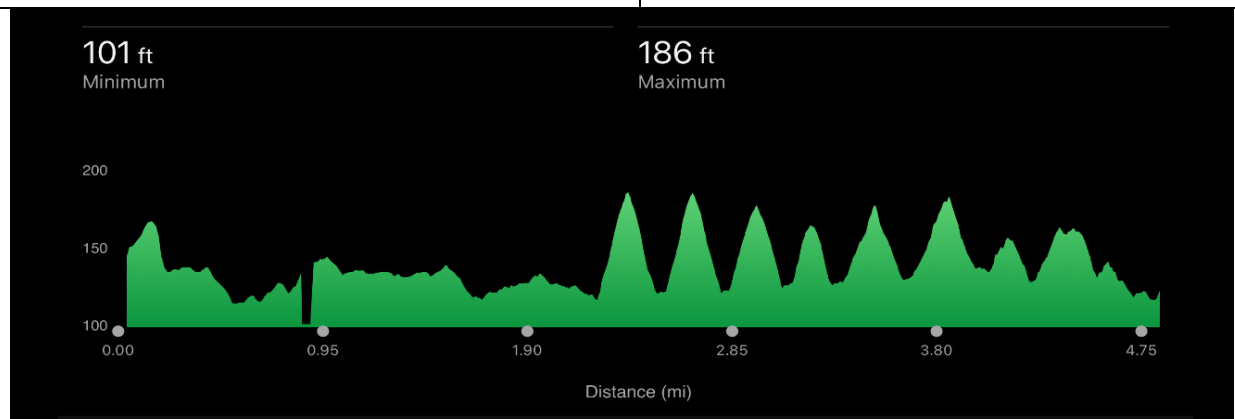
Distance – 5 or 6 miles

Elevation gain – 85 ft

2/3rds sidewalks or roads, 1/3rd trails

We start by running across Marine into the Manhattan Beach Mall parking lot. After dodging Teslas for about a half mile, we turn left into the old Frye's Electronics parking lot, passing under Sepulveda and onto an old railroad bed that runs between the lanes of Valley and Ardmore. This is the woodchip trail, or just 'the chips' for short. Most run the chips past Manhattan Beach Blvd, turning at about mile 3. On the run back up the trail we take a right at 19th street, and follow this back to Village Runner Manhattan Beach

The map here shows my own variation on this run. I often turn left off the chips just before Manhattan Beach Blvd. and run hill repeats on the 7 hills back to 19th street.



Contact us

To contribute your favorite training routes to this guide, please contact us at the info provided below