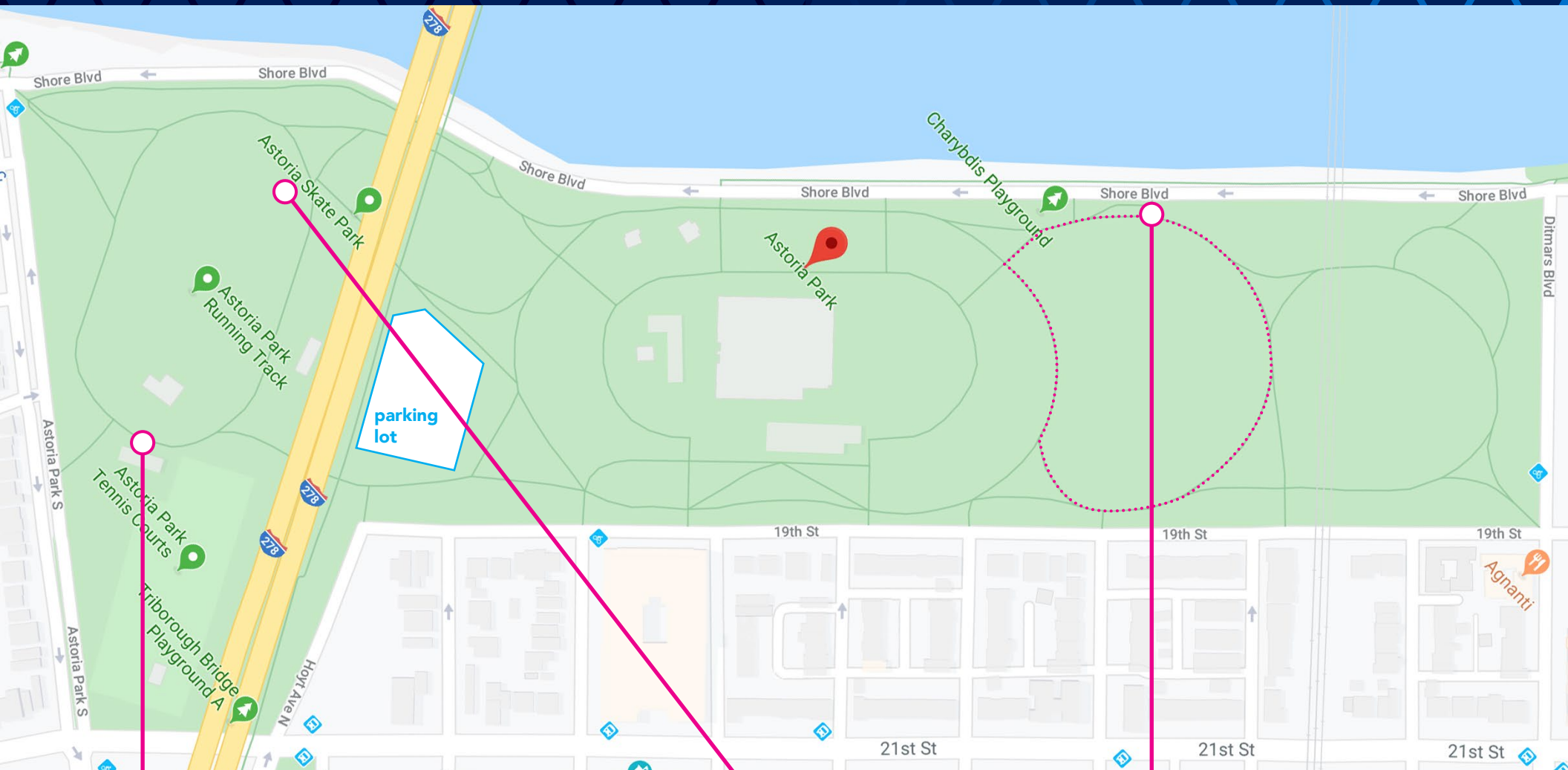


# Hellgate workouts — where to find us



**Thursdays**  
**7:30pm**  
10K run

We run from the park to 20th Ave, up to Hazen Street and back.

Meet in front of the Field House at the track

**Saturdays**  
**8:00am (June–Sept)**  
**9:00am (Oct–May)**  
Group long run

We run to Roosevelt Island. Last Saturday of the month we run to Randall's Island.

**Wednesdays**  
**6:00am & 7:30pm**  
Speed intervals

Meet inside the track at the NW corner near the skate park

**Mondays**  
**6:15am & 7:30pm**  
Hill repeats

Meet at the bottom of the big lawn between the pool and Hellgate Bridge

INFO AS OF 2/24/2022