

What do I get?

- Discounted Rogue Equipment on all shoes, apparel and accessories
- Access to FREE running-specific core classes
- Injury prevention seminars & Advanced Rehab onsite
- Trigger Point equipment at training location
- Nutritional information
- Rogue-branded technical tee
- Fun, friendly running community
- Weekly Monday emails with the full schedule of start times/distances for the upcoming Saturday – you may choose whichever run works best for you.

Can I see the route before Saturday?

Yes! Long run maps are posted on Wednesday of each week in the Resources→maps section of our website. Note that you must be logged in to view/download the maps.

What does “supported long run” mean?

Long runs are held on Saturday mornings at either Rogue downtown or our Cedar Park location (your choice). The long runs are fully supported, which means that maps, water stops and coaches along the route are provided. *Please note that long run start times will likely be adjusted to 5:30am for runs over 18 miles to account for traffic/heat.*

Where do we meet?

The long runs begin at Rogue downtown.

Core classes meet at Rogue downtown: Monday at 6:45p, Thursday at 6:45p and Sunday at 5p

Location:

Rogue Downtown
500 San Marcos St.
Austin, Tx 78704