



COLUMBUS RUNNING
COMPANY

Welcome to the 2018 USATF Annual Meeting: A Local Guide to Columbus

Columbus Running Company - Short North Location
765 North High Street Unit B
Columbus, OH 43215

What is the Short North?

The Short North is the area between downtown and the Ohio State University campus. The main street to know is High Street which runs north and south. When exiting the Convention Center you should head north and explore all the way up to 5th Avenue along High St. You won't find such a mix of different stores and restaurants anywhere else. Come visit the Columbus Running Company at our location at 765 North High Street.

Where to get coffee?

Our favorite is One Line Coffee (745 N High) but you can't go wrong with Impero (849 N High) or Mission Coffee (11 Price Ave).

Where to eat *Breakfast/Brunch*?

Northstar (951 N High) - Try the Cloud 9 Pancakes, Big Burrito, Cowboy Breakfast, or Hash.

Tasi (680 Pearl St) - Breakfast served all day. Variety of sweet and savory options made fresh.

Philco (747 N High) - Traditional diner classics plus huevos rancheros and fried egg tacos.

Where to eat *Lunch*?

North Market (59 Spruce St) - You're going to want to check this place out. Large mix of different vendors with unlimited options. Hot Chicken Takeover and Katzinger's are favorites.

Eugene's Canteen (765 North High Unit C) - Burger time. They're neighbors to CRC!

Hai Poke (647 N High) - Customizable deconstructed sushi bowl plus won-ton chips!

Where to eat *Dinner*?

Bakersfield Tacos (733 N High) - Tacos tacos tacos! Happy hour Margs as well.

Brassica (680 N High) - Fast casual mediterranean style food. Pita or bowl. Try their fries.

Bareburger (463 N High) - Almost limitless burger options.

Forno (721 N High) - Great pizza and fun sit down atmosphere.

Melt (840 N High St) - If you're in the mood for some grilled cheese then you shouldn't go anywhere else.



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Event Notice: Saturday December 1st

4:00pm to 10:00pm - Gallery Hop! The first Saturday of the month is called "Gallery Hop" in the Short North. Most restaurants and businesses stay open late and offer some sort of special. December is "Holiday Hop" which means holiday decorations and holiday cheer. Expect crowded streets and restaurants but a great time if you go out.

Where to Run

The Short North area has many places to run and this guide will direct you to the best options. The routes will be all starting from the Convention Center since you'll know where that is as a base point.

High Street: If you're just getting in a short run you can feel comfortable running on High St. There are stoplights and other pedestrians so be aware, but this can be a good option if you're just looking for a short shakeout run. We recommend running North (away from downtown) to avoid more traffic.

Scioto Mile: Starting from the **Convention Center**, head south for 1 mile before making a right (West) turn onto **Rich St.** From there you'll go down a short downhill to the **Scioto Mile**. If you turn left (South) you'll go past the **Scioto Audubon Metro Park** and eventually reach the end of the path 4 miles later past **Berliner Park**. If you turn right (North) you'll head towards the **Olentangy Trail** about 1.25 miles down the path. You'll come up to a street crossing (Long) and you can choose to turn left and continue on the Scioto path or cross the street and pickup the Olentangy.

Olentangy Trail: Starting from the **Convention Center**, head north for .4 miles and swing by the CRC to say hello! You'll continue another .3 miles north to **Starr Ave** where you'll make a left (West) turn. If you run down another .75 miles you'll pickup the **Olentangy Trail**. Make a right (North) turn onto the path and run by the Ohio State campus and then "The Horseshoe" (3 miles from the Convention Center). This path crosses only one stoplight 5.5 miles out at **North Broadway**. Continue north past **Whetstone Park** (7 miles out) then to **Antrim Lake** (9.5 miles out) or all the way to the top of the bikepath (13 miles!) out. If you want to get in a casual marathon distance run then by all means go ahead. Just flip at your halfway point and follow the same path back.

Group Run Options

Saturday

8:00am - Free group run at Columbus Running Company Short North. All abilities welcome. Choose your own distance for an out and back group run from the store. Runners head 1 mile north to the **Olentangy Trail** and turn around at your halfway point. Run any distance and pace you choose! The route goes from the Short North, past the Ohio State campus, and into the Clintonville and Worthington neighborhoods.

Sunday

8:00am - Join members of the Columbus Running Company Elite Team (@crcelite on Twitter, @crceliteteam on Instagram) for a Sunday morning run from **Goodale Park** (120 W. Goodale St.). Meet at the corner of Park Street and Buttles and the run will begin by 8:10am. Meters are free on Sunday. Paces typically range anywhere from sub 7:00/mile to 8:00+/mile depending on the day. Distances will range from ~4 miles to 18 miles. For the fourth Olympic cycle in a row, members of the team have qualified for the Olympic trials marathon, but abilities range from trials qualifiers to local post-collegiates.

If you need anything while you're in town feel free to stop by the Columbus Running Company location at 765 North High Street or contact us on social media [@columbusrunning](#)! Enjoy your stay!



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