Bring a Mug Trail Run

B.A.M. is a small trail running group located in Redding. We have monthly group runs that are open to all levels of running and paces. After the run coffee and donuts are provided.

When: March 21, 2026 7:00am

Where: Upper Sac Ditch Trail, Shasta Dam Visitor Center Parking Lot

Info: The trailhead is located at the south end of the Shasta Dam Visitor Center parking lot, we will meet there at the green pick up truck and walk together to the trail. The trail is well maintained and is a slight decline down from the road. Plan to run 30 minutes down and 30 minutes back for an hour total. Run at your own pace, meet back at the parking lot for donuts and coffee.
Please complete the waiver before you run, click the link below or plan to complete it at the trailhead

Route: Strava Map
Trailhead: Google Map

Rules

- Bring your own mug for coffee/tea
- Leave no trace; pack out all trash, pick up poop, no food scraps, do not move rocks or logs
- Move over for mountain bikes and horses
- We are an inclusive group; any hostile language, harassment, bullying or violence will not be tolerated. You will be told to leave.
- By joining, you voluntarily assume the risk associated with trail activities. Injuries from falls or wildlife hazards can happen. You must run within your own abilities.
- This group is for adult participants. If children do wish to participate, they must be under the supervision of a responsible

adult. We are not responsible for children and accidents while on trail can happen.

Follow us on social media: Bring a Mug Trail Run

Participant Waiver:Click here to Sign



