

RUNNING CLUBS

Below are links to age-friendly running clubs that welcome all abilities to group runs and walk/run events.

- [Clark County Running Club](#). Regular running events for members. All ages and abilities, new or experienced. Walkers welcome.
- [Fleet Feet](#). Community classes and fun runs.
- [Foot Traffic](#). Regular outings for running and walkers with various distance routes.
- [Gresham Running Club](#). All abilities, distances, and goals welcomed. Free, supported with purchases shirts. Weekly track and road runs.
- [Molalla Running Club](#). Promotes healthy lifestyles through group runs; sponsors local road races.
- [NoPo Runnings](#). Good workouts, good brews, all ability levels. Portland NE
- [Portland Fit](#). Marathon and half marathon training for a fee.
- [Oregon Road Runners Club](#). Promotes running and walking for health; sponsors group training runs and events.
- [Portland Frontrunners](#). Running club for lesbians, gays, bisexuals, transgender and queer individuals and their friends in Portland area. Recreational to serious training.
- [Portland Running Company](#). Hosts a variety of free weekly group runs for all abilities and interests.
- [Team Red Lizard](#). Offers a training, racing, and social network for athletes of all abilities. Weekly group runs.



Help Us Stay Current

Please contact BOTLPORTLAND@gmail.com whenever you spot something we need to change, add or delete.