

IFR 2026 AGM Newsletter



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Clubs in this Newsletter



Letter from the President

Bryan Lip

Dear Clubs,

New Clubs 2026

It's been an amazing 12 months.



We've welcomed new clubs from Bournemouth, Brussels, Cleveland, Granada, Jakarta, Mexico City, Puerto Vallarta, Queretaro, Torino, and Victoria BC. I'd also like to thank our amazing committee - it's without their tireless effort and choice to volunteer that helps our organization continue to grow and flourish. If you'd like to be more involved in IFR - please reach out to me directly: president@frontrunners.org

During this period we also had a serious incident with one of our clubs (see our official statement here: [instagram.com/p/DSzvfuoEu0D](https://www.instagram.com/p/DSzvfuoEu0D)). We remind all our clubs to keep an eye out for each other and maintain vigilance and safety. As fellow clubs, we can also lend a helping hand and reach out to other clubs and help them grow, support and share learnings to help us all thrive and survive.

This month also marks the start of Gay Games 2026 in Valencia. I'm excited to meet many of you at the various events including the Rainbow Memorial Run on Saturday, the 27th of June.

Also, we will hold our Annual General Meeting in person. It's the first time we've done this in many years since our last was pre-COVID. There is an option to dial in virtually as well. Each registered club which has gone in and renewed on frontrunners.org/agm2026 will have 1 vote. As many of you are welcome to join the AGM. We have all roles up for nomination this year including one of the Fédération of Gay Games delegate roles.

In saying this, I want to thank Brad Fletcher who tragically passed away.

Please rest in peace Brad and thank you for all your service to IFR and the community, you will be sorely missed.

For folks who don't know - our first club started in 1974 in San Francisco and in 1978 adopted the name Frontrunners after the name of the book by Patricia Nell Warren - The Front Runner. The book is available on Amazon if you'd like a read.

We've since now grown to over 100 clubs around the world - check our directory at frontrunners.org to find a club near you when visiting. Also give our Instagram a follow: [instagram.com/internationalfrontrunners](https://www.instagram.com/internationalfrontrunners)

This year we celebrate 52 years since the start of our first club, and thank you everyone for celebrating International Frontrunners Day which is the 15th of June every year - the birthday of Patricia Nell Warren.

I had a chance to meet many members over the past 12 months attending all the world majors plus many other races such as the Toronto Waterfront Marathon, Copenhagen Marathon, Limerick Marathon, and Brisbane Marathon.

We have such a vibrant community and it's amazing to see how you have all grown.

I'd love to share more of your success together and we hope to pull together some best practices and learnings to share with you over the coming year.



If you or any of your friends are coming to a world major marathon this year we have dedicated group chats on Instagram - reach out to me and I can add you: [instagram.com/runbry](https://www.instagram.com/runbry).

We have had some awesome get togethers such as Tokyo where Louis and Miyabi-san hosted us at Beer Beer Beer for a wonderful get together post-race.

Jens hosting a pasta party at his house pre-Berlin Marathon and a Gay Oktoberfest post-race party which is always a big highlight each year, the crew in Chicago for a pasta dinner and a great afterparty at SideTrack - the list goes on.



London always put in a great get-together and for Sydney, the newest world majors, we were able to offer a ballot for Frontrunners to have a chance to attend the inaugural Sydney Marathon last year as a full major, and we had a great volunteer and cheer crew along Oxford Street with the drag queens and a pre-race pasta party and post race party at the Beresford.

Again thanks all, and I want a final reminder to everyone - we all remember the first time we went to a Frontrunners event.

We might not have known anyone, often we don't see our fellow Frontrunners in a week and we want to catch up with them, but please be mindful of the new folks - say hi, be warm and welcoming, buddy up with them on your run/walk. And please be kind. Warm to each other. We have a limited time on this planet so let's take a moment to reflect, it costs nothing to greet someone you haven't said hello to with a warm hello!

Love you all,

Your Pres, Bryan

president@frontrunners.org



Updates from the Committee

Wayne Morgan

I first want to acknowledge my fellow colleague Brad Fletcher from Minneapolis Frontrunners who has served for 2 years. Sadly Brad unexpectedly passed away whilst touring Bali Indonesia in January. Brad had been an active delegate for IFR on various committees including Sport, Site Selection and Governance committees. Brad was fully registered for Valencia - he had attended many Gay Games.....Vale Brad! IFR will be filling this role at our AGM.



It's been a super busy year....IFR has continued to grow and remains a very prominent organisation in FGG. Our sport of Athletics covers three disciplines this cycle....Road races 5k and 10k, Half and full Marathon and also a full track and field event. With over 1000 runners and walkers participating this year. We have been diligently working with our Host city organisers to make the running experience superior for everyone. Monthly and sometimes more regularly meetings representing you all, we hope you enjoy your time in Valencia. It has been a challenge but we continue to be a top participant event including our sports global coverage plus social and memorial events.

My personal participation in this my 9th Games has been a rewarding experience on the Sport, Site Selection and Tom Waddell selection committees. Combine that with IFR meetings it's no wonder i have no hair! Thanks to everyone lending a hand especially our Valencia run organisers....Fernando, Deborah, Jon and Tim.

International Rainbow Memorial Run (IRMR)

IFR is a key stakeholder of this event which is the very first event of the Games. Previous host city clubs around the globe stage a run activity to remember and acknowledge those who have passed, particularly those suffering from HIV and Breast Cancer. There is a long background story behind the IRMR.

IFR coordinate our clubs and community groups to stage local runs and perform a relay leading to Valencia. In January San Francisco club got the relay underway and right up to a few hours ago the cities of Vancouver, New York, Amsterdam, Sydney, Chicago, Köln, Cleveland, Paris, Hong Kong and Guadalajara staged a run. Thank you to all those IFR clubs or community organisations for being part of the journey! It's great when local clubs participate willingly. Well done!

And the finale is on Saturday morning 27 June on the Turia riverbed some 300 participants will meet and remember those who have gone ahead. We are joining to finish a 3k easy run or walk....enjoy some refreshments supplied by IFR then preparing for the Opening Ceremony. Enjoy!

AGM and Social

Having attended the FGG General Assembly last year, it provided an opportunity to visit the run sites, village precincts, city sights and meet the organisers. We found our AGM venue and hope those actually attending like the venue. Our IFR social will be held there also....hope you can join us.....

Runs and Walks

From the 10k early on Monday morning to a full five day Track n Field programme plus an evening 5k on Thursday, we wish you a happy and safe run or walk. It's not about the medals, these events are based on Participation, Inclusion and Personal best. Enjoy! For those brave souls doing the Marathon and Half on Saturday 4th July....run well and be safe...the weather may be hot but our IFR members will be out and about cheering you on.....look after each other.

IFR Scholarships

I hope you all get to meet our two recipients from Bengaluru club...Goaty and Sumit. Watch out for them at many of our events. Thanks to a very big donation from NY Frontrunner member Gourav and his partner we were able to select two candidates this Gay Games. Some additional US\$1100 was raised by clubs around the world to provide extra funding for our runners! Thank you to those clubs.....it all helps. Did you know IFR were the first organisation to provide scholarships? We had two Kenyan runners attend Paris 2018 games. A proud achievement Fronties! Keep up the development of IFR.



If you have time to commit to a busy role with IFR reach out so we can chat about this position or volunteering with FGG as we plan for 2030 Games.

Hasta luego and hooroo,

Wayne Morgan

IFR delegate to FGG

Life Member Sydney Frontrunners

L3 Run coach, IAAF/World Athletics

fgg-del1@frontrunners.org

Regional Updates

APAC



Rep: Devane Sharma

rep-aus-ap@frontrunners.org

Adelaide
Bengaluru
Brisbane
Canberra
Hong Kong
Jakarta
Kuala Lumpur
Melbourne
Perth
Singapore
Sydney
Taipei
Wellington



ADELAIDE

Adelaide Frontrunners

[@adelaidefrontrunners](#)



Over the last 12 months, Adelaide Frontrunners has continued to grow participation and engagement across our regular activities, including Saturday parkruns (5K), early morning Wednesday runs (4K and 8K) and Sunday social runs (10K). We've also introduced a monthly evening run (6K), providing even more opportunities and locations for our community to connect through running.

Our members have also been actively participating in a range of external running events, supporting one another whether tackling a half marathon, 10K or 5K. As part of the Adelaide LGBTQIA+ Feast Festival in November 2025, we were proud to take over a local parkrun, hosting the event from start to finish.

We were also delighted to see our co-founder and committee member, Sam, recognised as a finalist in the recent Adelaide Pride Awards. Beyond running, our monthly social events continue to play an important role in bringing people together and strengthening the friendships and connections that make our club special.





In August, Adelaide Frontrunners will celebrate its fifth anniversary.

It is a milestone we are incredibly proud of, particularly knowing how much Adelaide Frontrunners means to so many people through the inclusion, friendship, belonging and wellbeing it has helped create within our community.





BENGALURU

Bengaluru Frontrunners

[@bengalurufrontrunners](https://www.instagram.com/bengalurufrontrunners)



We are thrilled to share some exciting milestones and updates from India, where the Bengaluru Frontrunners (BFR) community is thriving.

We have officially crossed 150 registered members for 2026, and our signature Sunday Cubbon Park runs continue to serve as a consistent, vibrant heartbeat for the local queer community.

A major highlight of our year was organizing a highly successful Lesbian Visibility Day Run, which brought out around 70 lesbian participants and served as a powerful moment of visibility and connection.

We are especially proud and grateful to announce that two of our core community leaders, Goaty and Sumit, have been selected as recipients of the Gay Games Scholarship. Funded jointly by the Federation of Gay Games and a \$500 scholarship from International Frontrunners (IFR), this support will allow them to travel to Valencia, Spain, to represent India on the global stage.

Goaty, our current club President, is a passionate educator, martial artist, and endurance runner who has spent years organizing local Pride runs and mentoring new athletes. Sumit is a dedicated inclusion practitioner, multi-sport athlete, and advocate who serves as the India Lead for the South Asia Youth and Queer Activist Network (SAYAN). Both truly



embody the spirit of inclusion and collective effort, and we cannot wait to see them bring our community's energy to Spain.

Our members have also been heavily active on the racing circuit, showing up in full force across multiple distances.

At the Tata Mumbai Marathon, Goaty and Anubhav Parasar conquered the full marathon, while Vishal Jha clocked a blistering 3:41:59 personal best and Navneet Prakash ran a non-stop half-marathon personal best. Akhil R Nath took on the grueling trails, completing both the 30k Ooty Ultra and the Bengaluru Mountain Festival 10k, alongside a solid 2:06 finish at the Tuffman Half Marathon and the unique Karnataka State Police Run. Ramesh S kicked off the year strong at the Freshworks Chennai Marathon half-

marathon before smashing his 10k personal best at the TCS World 10K. Finally, our home turf was packed for the Cubbon Classic 10k, where Pramod celebrated his first-ever official race finish alongside Gilles Boulet, Thavasi, Vikash Sharma, Ninad, Vishal Keshri, and Varnika Kairon.

We are deeply grateful to the global Frontrunners network for the scholarship support, and we look forward to bringing a huge burst of Bengaluru energy to the starting lines in Valencia!



BRISBANE

Brisbane Frontrunners

[@brisbane_frontrunners](#)

What a year it's been for Brisbane Frontrunners.

With some consistent (and slightly enthusiastic) promotion across socials, the club has grown to the point where we actually had to dial it back a little, not because we don't love new faces, but because the car park, footpaths, and local area were starting to look like we were hosting a small festival every Monday.

Our runners have been everywhere this year: local events across Queensland, major races around Australia and even marathons overseas, including Hong Kong, proudly flying the FR flag far beyond Brisbane.

2026 also marked a big step forward behind the scenes with the formation of a working group to help coordinate the club's growth and expand our social calendar. More structure, more events, and (somehow) even more excuses to gather for a run and a coffee.



Monday nights continue to grow, now consistently pushing close to 100 runners - a number that still feels slightly surreal when you look around at warm-up time.

We've also seen record participation from female members thanks to targeted encouragement and an increasingly inclusive, welcoming vibe that the club is proud of.

All up, it's been a year of growth, connection, a bit of controlled chaos, and a lot of kilometres shared. And somehow, it's only getting bigger.



Canberra Frontrunners: A Year of Pride, Movement, and Birds of Paradise

Canberra Frontrunners has wrapped another radiant year of connection, celebration, and record-breaking strides. From joyful runs to glittering parade moments, the community kept growing, glowing, and moving together.

The season began with the annual **Pride Run in November 2025**, which this year doubled as a **fundraiser for the Trans Justice Project**. Runners, walkers, allies, and chosen family came together not only to celebrate queer joy, but to materially support trans rights and advocacy across Australia. It remains one of the group's most cherished traditions.



The year's brightest moment was the **Capital of Equality float at the 2026 Sydney Mardi Gras Parade**, where the theme **Birds of Paradise** transformed Oxford Street into a shimmering garden of plumes, petals, and queer joy.



Members embodied the theme with radiant colour and movement, celebrating identity and community with unforgettable flair.



Back home, weekly Saturday social run/walks continued to thrive, with strong attendance and a welcoming mix of locals, newcomers, and visiting Frontrunners from across Australia and the world. Whether chasing PBs or strolling for sunshine and



conversation, members kept building a culture of health, joy, and belonging. Frontrunners also hit the road for major running events like **City2Surf** and the **Canberra Marathon**, turning personal goals into shared triumphs and cheering

each other across every finish line. And as always, the fun stretched far beyond the kilometres.



Carb-loading feasts, Christmas in July, birthday dinners, and collaborations with other queer groups for **Wear It Purple Day** and IDAHOBIT deepened bonds and strengthened the community that makes Canberra Frontrunners shine.

The group is looking forward to more growth as we continue to walk, run, ride, and strut the paths of the Canberra region.

HONG KONG

OutRunners Hong Kong
[@outrunners_hk](https://www.instagram.com/outrunners_hk)



It's been another lively year for OutRunners Hong Kong! Our community keeps growing, and we've added a few new traditions along the way.

Our Saturday morning runs remain the core of what we do, and it's been great to see more new runners - and walkers - joining us each week. This year we've welcomed visitors from Belgium, the UK, the USA, Canada, Portugal and Australia, including Bryan Lip, President of International FrontRunners.

We entered a great team for the Pici Pasta Run in October 2025, raising money for MindHK. Pride Run 2025 was another highlight, with a fantastic turnout and atmosphere.



We're excited to be partnering with Pride Run HK again this year, to help organise the 2026 race on Sunday 13 December 2026 - something we're really looking forward to. One recent addition has been Fridays@5, our early-morning long-run group. Meeting at 5am sounds extreme, but with Hong Kong's heat and humidity, it's the best way to get longer distances in safely. Two runs in and it may become a fixture ...

Our regular 8K route along Bowen Road continues year-round, meeting at 8:30am in warmer months and 9am in cooler weather, always followed by coffee, chat and sometimes egg tarts! We also have occasional mid-week evening runs ('Wan Chai Wednesdays') and host social events throughout the year, like our summer trip to WaterWorld! You can find our updates on Facebook (OutRunners HK) and Instagram (@outrunners_hk) – please follow us!

Thanks to everyone who joined us this year. If you're visiting Hong Kong, come run with us - we'd love to welcome you!

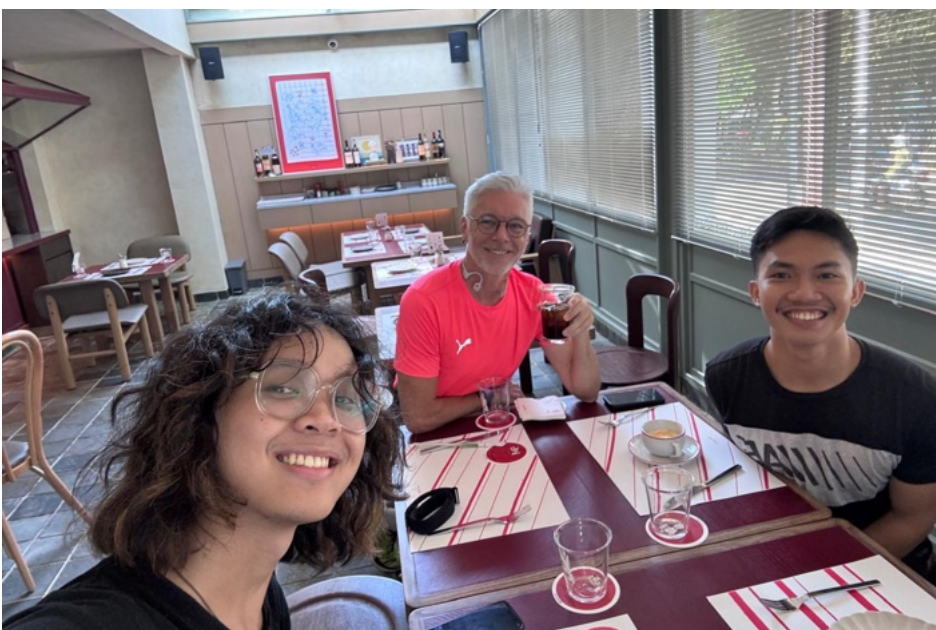
JAKARTA

Jakarta Frontrunners

[@jakartafontrunners](#)



Jakarta Frontrunners was launched on 4th April 2026, with an organising committee of three. In that time, we've had four runs, with between two and eight people (both community and supportive allies!) joining each time.



We're operating in a very conservative society with vocal anti-LGBTQ sentiment, so our approach is to maintain a safe space for all by building our community through word-of-mouth and personal contacts, rather than actively promoting the club on social media.

We have a collaboration with a local queer-owned cafe, where we gather at the end of our runs.



KUALA LUMPUR

Kuala Lumpur Frontrunners
[@klfrontrunners](https://www.instagram.com/klfrontrunners)



Kuala Lumpur Frontrunners has had an exciting and eventful few months, with continued growth both online and within our community.

One of our highlights has been a significant increase in social media engagement, driven by the creativity and dedication of our committee members.

By experimenting with new social media marketing approaches, including trend-inspired videos and engaging content on Instagram and TikTok, we have been able to reach a wider audience and showcase the welcoming spirit of our club.

We have also strengthened our community partnerships through collaborations with Lululemon and Above Hydration. These partnerships have brought added value to our members through special activations, benefits, and opportunities to connect with fitness-focused brands that share our passion for healthy and active lifestyles.

In late April, we celebrated our third anniversary as a club. While our official anniversary falls in March, we chose to hold the celebration later to ensure that members observing Ramadan could fully participate in the festivities.

It was a joyful occasion that brought together both familiar faces and newcomers to celebrate our journey and the inclusive community we have built together.

Looking ahead, we are planning to introduce an additional weekday training run aimed at members who are preparing for marathons and other endurance events. This session will complement our regular Saturday social runs by offering a more structured and challenging training environment.

We are also exploring new merchandise ideas and look forward to sharing more details with our members in the coming months.

As always, we remain committed to creating an inclusive, welcoming, and supportive space for runners of all backgrounds and abilities.



Melbourne Frontrunners: A Record-Breaking Year



What a year it has been for Melbourne Frontrunners!

Our community has grown to more than 400 fully paid and committed members, making this our largest membership in our club's history. Run attendances have also reached new highs, with more people joining us across Melbourne each week.



We proudly hosted another Melbourne Pride Run, with ticket sales increasing by 60%. The event continues to grow in size, visibility and community impact, and we are already looking ahead to an even bigger year next year.

Our presence across Melbourne has continued to expand through community events and collaborations with other queer sporting clubs.

We have introduced new training sessions, built a team of more than 11 licensed coaches and created more opportunities for runners of all abilities to connect, train and belong.



Most importantly, we remain a club built around community. We love welcoming new members, long-term regulars and international Frontrunners visiting Melbourne. There is always a place for you on one of our runs.



PERTH

Perth Frontrunners

[@perth_frontrunners](https://www.instagram.com/perth_frontrunners)



Welcome to Perth! It's been another strong year for PFR with some incredible attendance at our regular weekly events on Saturdays, Mondays and Wednesdays and just over 1000 people turned out for our Pride Run and Walk in November, a real credit to our rainbow community in Perth and our continued growth.

A contingent of about 15 members have travelled to Valencia for the Gay Games. As the host city for the 2030 Gay Games, we're excited about taking the successes from Valencia and applying them to Perth 2030.

The club would like to pay special mention to former co-president Richie Yates (he/him), who stepped down at our recent AGM after nearly six years leading the club, including from incorporation.



We're excited to confirm Bec Powell (she/her) and Nigel Siegwart (he/him) as our club co-presidents.

If you're heading to beautiful Western Australia, we'd love to see you.

Check us out on [socials@perthfrontrunners](#).

Otherwise, see you in Perth in 2030!



SINGAPORE

Singapore Frontrunners

@singaporefrontrunners



Singapore Frontrunners celebrated our 12th anniversary this February - an important milestone in a market that has not always been particularly queer-friendly, although the environment continues to improve.



Over the past 12 months, our membership has evolved significantly, driven largely by our presence on Instagram and Telegram. Our regular runs have grown to typically more than 40 participants on Thursday evenings and around 20 on Saturday mornings, roughly double the numbers from a year ago.



We have also focused on building connections beyond our own club through collaborations and partnerships. Last year, our retreat to Taipei gave us the opportunity to meet the newly formed Taipei Frontrunners, while collaborations with other running clubs during the Singapore Marathon and partnerships with brands such as JBL and Brooks have helped raise our visibility.

As we continue to grow, our priority remains staying true to our community-first focus.

What we feel keeps our people coming back is the camaraderie. Post-run meals are an essential part of our culture, and we regularly organise social gatherings such as bar nights and newcomer coffee sessions to help people feel welcome.

Our advice to other FR clubs is invest in the community beyond the run itself. Friendships are what keep people coming back.

We look forward to welcoming more Frontrunner visitors to Singapore and, in turn, visiting other Frontrunners around the world.

SYDNEY

Sydney Frontrunners

[@sydneyfrontrunners](https://www.instagram.com/sydneyfrontrunners)



Sydney Frontrunners has enjoyed another successful year, continuing to grow in membership, participation and community visibility while strengthening our reputation as one of Sydney's most welcoming and inclusive sporting clubs.

A major highlight was our participation in the 2026 Sydney Mardi Gras Parade and Festival, proudly representing our running and walking community in Australia's biggest LGBTQIA+ events. We also welcomed Frontrunners members from around the world during the 2025 Sydney Marathon, where more than 30 club members took part and many others volunteered their time.



We were proud to become an official partner run club of the 2026 Sydney Marathon, further strengthening LGBTQIA+ inclusion and participation with with one of the World Major Marathons.

This year also saw the launch of our refreshed club branding and new merchandise range, providing members with a modern and recognisable identity both on and off the course.

Beyond running, we continued to build community through trail runs, pub lunches, trivia nights and Sunday hikes. We focused on improving safety, inclusion and structure within our weekly runs, while also successfully trialling a new Thursday evening track session.

We also worked to grow connections with other LGBTQIA+ sporting clubs across Sydney, creating new opportunities for collaboration, participation and community engagement.



TAIPEI

Taipei Frontrunners

[@taipeifrontrunners](#)

TPFR Saturday Morning Run



Founded in 2024, Taipei Frontrunners (跑跑台北) is the first LGBT running club in Taiwan.

We quickly built a regular schedule of two runs a week across different locations around the city. To keep things varied, we alternate distance runs with track days, which mix up the training and hit different fitness goals. We've welcomed seasoned runners, complete beginners, and regulars who include our allies, and we've hosted visiting Frontrunners from all over the world.

We offer coaching and run inductions for people new to the sport. Everyone had a first run once. And we don't forget the social side. After runs we stick around, and we organise trips beyond running, such as surfing weekends and nights out at Red House, one of Asia's best-known LGBTQ+ nightlife spots. Taipei hosts the largest Pride in Asia, and we run out for it, flying our Frontrunners flag.

In October 2025 we hosted Singapore Frontrunners, along with runners from across Asia, North America, and Europe, who joined us for Taipei Pride. That weekend was a highlight of our short history.

Collaboration with Singapore Frontrunners pre-run for Taipei Pride, Oct 2025



We always keep at least one race on the calendar. It gives the group something to train towards, a chance to tick off a bucket-list goal, and a reason to run as a team and represent Frontrunners. This year we ran the Taipei NatGeo Run in April, and the NS Run scheduled for November.

What we love about Frontrunners is the ready-made group, joined by our LGBTQ+ community and a shared love of fitness. You're always among friends when there's a Frontrunners in town.

If you're visiting Taipei, there's always a run on our calendar.

TPFR members for the National Geographic Run. April, 2024



WELLINGTON

Wellington Frontrunners

[@wlgfrontrunners](#)



Celebratory dinner marking Wellington Frontrunners 25th anniversary

The last year has been one of significant milestones for **Wellington Frontrunners** in New Zealand.

In July 2025, the club marked its 25th anniversary with a celebratory dinner attended by many current and former members, including two former members (Nigel Jeffcoat and Julie Lee) who were there at the beginning in 2000 when the team was established as runners prepared for the Gay Games in Sydney in 2002.

In the last year, members have participated in the Sydney Marathon (August 2025), Wellington's Round the Bays Half-Marathon (February 2026), and the Hawke's Bay Half-Marathon (May 2026). We've also welcomed visitors from San Francisco Frontrunners and Belfast Frontrunners – who've enjoyed some of our runs into the hills that ring the city. Under the banner of Rainbow Team Wellington – a coalition of the city's LGBTI+ sports and culture groups – we marched in the City's Pride Parade in March 2026.

And 26 years after the club was established, three club members – Antony Paltridge, Brendan Haile and Paul Rigby – are looking forward to attending the Gay Games in Valencia in June/July 2026 and catching up with Frontrunners from around the world.

Regional Updates

CANADA



Rep: Trevor McGrath

rep-ca@frontrunners.org

Calgary
London, Ontario
Winnipeg



CALGARY

Calgary Front Runners

[@calgaryfrontrunners](https://www.instagram.com/calgaryfrontrunners)



Calgary Frontrunners had an exciting year. We recently found a new permanent gathering spot at Brooklyn's Café. This is a homecoming of sorts, as it's located in the same building where we first met when the club was founded in the 90s.

Our members have been busy both locally and abroad. During Calgary Marathon Weekend this May, we organized volunteer shifts, cheer squads, and fundraising efforts while many members took part in the races themselves.

Several runners achieved personal bests, and others celebrated completing their very first 10k and half marathon.





Looking ahead, 10+ of our members will be traveling to Toronto for the Toronto Waterfront Marathon in October.

We've also loved seeing members connect with the wider Frontrunners community through travels, races, and hosting runners from other chapters in Perth, Taipei, Tokyo, Vancouver, Liverpool, Toronto, and beyond.

LONDON, ON

Frontrunners London ON

@frontrunnersldnont



This year, FRONTRUNNERS London continued to grow as a welcoming and inclusive community for LGBTQ+ runners, walkers, and allies.

Our weekly Tuesday and Saturday runs remained the heart of the club, bringing people together through movement, friendship, and connection.

Highlights from the year included participation in Pride Fest 2025, hosting Run With Pride, taking part in the Push-Up Challenge for Mental Health, and joining fellow run clubs from across the city for We Run LDN.

We also partnered with local organizations through events such as Community Track Night and continued building strong relationships within London's running community.



Member Achievements

FRONTRUNNERS London members represented the club at numerous races throughout the year, demonstrating dedication, perseverance, and a spirit of adventure.



Notable achievements included:

- Participation in Forest City Road Races, one of London's premier race events.
- Member participation in the Pelee Island Half Marathon, combining athletic achievement with community and camaraderie.
- Marina's completion of the Toronto Waterfront Half Marathon, representing FRONTRUNNERS London on one of Canada's premier race courses.
- Claude's participation in the St. Maarten Marathon 10K, extending the club's presence to the international stage.
- Mauricio's completion of the Phoenix Trail Races, showcasing resilience and achievement in trail running.



WINNIPEG



Winnipeg Frontrunners

@winnipeg_frontrunners



Winnipeg Frontrunners has had a memorable year!

This past June (2025) marked a major milestone as we celebrated 10 years of Pride Runs! A decade of community, inclusion, and a whole lot of kilometres logged with our LGBTQ2S+ family and allies.

We kept the tradition going strong with this year's Pride Run, which was another resounding success.

We also wrapped up our 5th Annual Wine Marathon last September, a beloved club tradition where members run roughly 15km through the city, making pit stops at the homes of Frontrunners and allies for a drink (or two) and snacks along the way, before finishing with a well-earned BBQ.

It's equal parts athletic event and neighbourhood party, and somehow we always find our legs again the next morning.





Perhaps our biggest news this year is that Winnipeg Frontrunners is now a year-round club! Historically we hung up our shoes for the winter, but thanks to a dedicated crew of cold-weather runners, our Saturday gatherings at The Forks have continued through snow, wind, and everything a Manitoba winter can throw at us.

We also welcomed new co-coordinators Graeme and Steve in January, and extended a heartfelt thank-you to outgoing coordinator Johanna for her years of leadership and dedication to the club. Graeme and Steve have already been busy.

They've refreshed the Winnipeg Frontrunners logo and are working on getting it onto some club merch to help advertise the group.

They're also organizing the club's first-ever Queer Cheer station at the upcoming Manitoba Marathon, which we're very excited about. Big things ahead for our little corner of the Frontrunners world!



Regional Updates

NORTHERN EUROPE



Rep: Anna Pollock

rep-eur-n@frontrunners.org

Aberdeen
Belfast
Copenhagen
Edinburgh
London
Manchester
Nottingham



ABERDEEN

Aberdeen Frontrunners

[@aberdeenfrontrunners](#)



It's been another good year for Aberdeen Frontrunners. We continue to have a strong turn out to our weekly runs. We started the year with a very consistent Couch to 5K group who have all continued running since their graduation.

After some years away, 2026 marks the return of the Aberdeen Half-Marathon. We have lots of members signed up, for many of them it'll be their first half-marathon, so along side our usual weekly runs we have been offering a half-marathon training plan to help everyone cross that finish line.

Sadly, there is no official Pride in Aberdeen this year, but we didn't want the occasion to pass us by so we decided to scale up our annual Rainbow Run which will now become part of our Pride celebration day. We are pushing to up our participation and have designed and released a special edition AFR 2026 Pride t-shirt. Our Rainbow Run will also include a Pride Picnic for the first time. Our celebration day will continue into the evening when we're hosting Drag Bingo for the local LGBT+ Community, all of this is scheduled to take place at the end of June.



We hope to continue to see our Club grow over the Summer as our members continue to come to our weekly runs and attend races locally too.

BELFAST

Belfast Frontrunners

[@belfastfrontrunners](#)

It's been a busy year for Belfast Frontrunners.

At over 90 members we've grown by almost 50% in the last 12 months and are now offering 8 different distance and pace sessions for our members every week!

We've had a great turn out at local races including entering 4 relay teams in Belfast marathon, along with club trips to races in Glasgow and Lanzarote!

We hosted our first park run takeover and had club members speaking at the Northern Ireland Running

Show, increasing our profile in the local running community. We're also in the process of planning our first ever Pride Run this summer!

Away from the trails and roads we've continued to champion our club as a safe and inclusive space for the LGBTQ+ community, taking part in the Belfast Pride parade and attending Trans Pride. We also continue to host regular social events for members, from musicals to camping trips there's something for everyone!

While we continue to grow, the club remains a welcoming and supportive environment for people to make connections and build a community, and we look forward to more of the same in the next year.





Copenhagen Frontrunners are a very international group - and very diverse.

This picture shows all our nationalities and diversities.

We focus on our 1 weekly training and social events to build a strong community in our club.

Did you know this about Frontrunners?

Frontrunners is a global running community for LGBTQIA+ people and their friends—with roots dating back to 1974



1974

The very first LGBT running club was founded in San Francisco by Jack Baker and Gardner Pond



1978

The club changed its name to Frontrunner, inspired by the novel *The Front Runner*



1979–1982

The second Frontrunners club was founded in New York City. After the first Gay Games, the idea spread across the globe.



I DAG

There are more than 100 Frontrunners clubs on six continents. As a member of a club, you are part of a worldwide community.

1985

In 1985, the Frontrunners emerged as part of Pan Idraet, but the club closed after a few years.

2003

In 2003, the Copenhagen Frontrunners were revived. Since then, we have been part of a global community that runs together—for the freedom to be, to love, and to include.



Why does Frontrunners exist?

Running, movement, exercise, and joy—no matter your level

Socializing

Meet new people, make new friends, and be part of an inclusive community

A safe LGBTQIA+ environment

Be yourself, no matter who you are. Everyone is welcome here.

EDINBURGH

Edinburgh Frontrunners

[@edinburghfrontrunners](https://www.instagram.com/edinburghfrontrunners)



Edinburgh Frontrunners had an exciting and busy year!

We celebrated Edinburgh Pride in style by reviving our Pride Run last June, which saw over 120 people from across the local community, their friends, families and over 30 volunteers gather at our city's iconic Holyrood park for a picturesque lap of Arthur's Seat.

The 2026 version is due to take place on the 19th of June and we are excited to announce that it has already outsold our 2025 iteration!

We are so excited to be welcoming members of other Frontrunner groups across the UK. Plus the day after we are hosting our first Pride Ceilidh which already looks like it's going to be a hit.



In addition to our Pride related activities, we ran several races as a group, including the 10k and half marathon in Aviemore in the Scottish Highlands in September, we had four relay teams at the super inclusive Jedburgh Three Peaks Ultra in the Scottish Borders in October and our annual club trip abroad saw us take on Alicante in Spain this February.

We were represented by our members at races around the world including Tokyo, Bologna, Paris, Gdansk and Las Vegas to name a few. We visited Manchester, Newcastle, London and Glasgow Frontrunners for their respective runs and look forward to doing so again this year.

Outside of running we took a day trip to Dunkeld (in Scotland) where we enjoyed the local spa, bird watching, afternoon tea and took in the breathtaking scenery.

Finally, we brought back our Learn to Run programme this year after a couple of years off. This has been very successful and we have thirteen runners who are about to graduate at the pride run.



LONDON

London Frontrunners

@ldnfrontrunners



The past year has been an exceptional one for LFR, having proudly reached the 800 members milestone and firmly established as one of the largest and most vibrant clubs within the IFR family.

Alongside this growth, our members continue to embody the LFR values of participation, inclusion, and service, volunteering at 14 races, securing £4,510 in external funding, and earning recognition at both individual and club level, as three of our volunteers received awards from England Athletics, while LFR ranked 3rd among the 150 EA affiliated London running clubs in recognition of its contribution to sport and the wider community.

Supported by a team of 35 licensed coaches, our weekly programme continues to thrive, offering eight runs (including two longer runs) and three coached sessions each week, two of which on track.

From our women-only training programme and swimming technique lessons to an expanding portfolio of triathlon activities, LFR continues to create opportunities for members to develop, build lasting friendships, and stay active in an environment where everyone feels welcomed, supported, and valued.

Above all, it is the strength of our community that defines LFR, through sport, volunteering, a fantastic array of social events, and a shared commitment to LGBTQ+ visibility and inclusion.

We now look forward with great excitement to welcoming runners from across the IFR community to our flagship event, [the Pride Run 10K](#) this September, a joyful celebration of running, pride, and belonging.

MANCHESTER

Manchester Frontrunners

[@manchesterfrontrunners](https://www.instagram.com/manchesterfrontrunners)



We're halfway through 2026 now, and as well as our three weekly runs (Thursday and Saturday social runs, plus our Tuesday track session), we've been up to a lot.

In March, a number of our members went on a training weekend to the Peak District (an upland rural area in the North of England) complete with countryside long runs and yoga led by our member and qualified yoga leader John.

Some of the runners that weekend were training for the Manchester Marathon, which happened in April. Their training through the winter paid off, and we want to say a big congratulations to them. We also want to thank our members who volunteered at the event as marshals, as well as those who cheered along the route and gave our runners that extra special boost.

Then in May, we had our annual race, the IT'S A PIECE OF CAKE 10K, where we raised £1450 for local HIV charity George House Trust. We also had various Frontrunners visiting from other parts of the UK, some of whom also came to our after party in Manchester's Gay Village.

Highlights for the rest of the year include a contingent visiting the Gay Games in Valencia, the Manchester Village Pride parade, plus a number of local races. There isn't much to say except that we can't wait!

Visiting Manchester and fancy joining us for a run?

Email us at co-chairs@manchesterfrontrunners.org to let us know you're coming, and visit our website to learn more about our runs:

<https://www.manchesterfrontrunners.org/our-runs-in-manchester>

NOTTINGHAM

Nottingham Frontrunners
[@nottsfrontrunners](#)



Eyup Frontrunners! This is Nottingham Calling! 🙌

As we approach our third birthday, we look back over the last 12 months with a huge sense of pride at how much Nottingham Frontrunners has grown, with lots to celebrate and plenty of excitement for what the future holds. 🏳️‍🌈🇬🇧

We welcomed lots of new faces to our club, which is now drawing a weekly turnout of around 80 runners - this has been in no small part thanks to the success of our second **Couch-2-5k** course which begins every January, led by Hannah and Nathan. We've also launched our extra Women's/Trans/Non-Binary/+ run - **FLINTA* Thursdays**, which meets on the first Thursday of every month led by Elliot. Our weekly Sunday Long run, led by Mark continues come rain or shine, as well as our trail runs led by Kathryn.

The NFR calendar is too full to list everything we've been up to, but our standout moments have to include the **Robin Hood Half Marathon**, where not only did over 60 of our runners complete the 21.1km distance, but our official "Queer Squad" took on marshalling duties as volunteers along a 2km stretch of the course full of colour, music, flags and lots of encouragement! The past year also saw us reach a major milestone - 100 runs! We set ourselves the challenge of getting a turnout of over 100 runners to celebrate and it was a huge success - we lost count at 160! 🥳🥳



We had lots to celebrate, including a nomination for BBC Radio Nottingham's "Making a Difference" awards which led to us being featured on local TV and national radio, as well as winning a Nottinghamshire Rainbow Heritage award where we were recognised for "not only promoting fitness, but providing a warm social environment and also campaigning against issues such as transphobia". 🏆🏆

If you're ever in the "City of Rebels", we'd love to welcome you at one of our runs!

Nottingham Frontrunners | Proudly Supported by The Spencer Trust 💙💛



Regional Updates

SOUTHERN EUROPE, MIDDLE EAST, AFRICA



Rep: Manuel Garramone

rep-eur-s@frontrunners.org

Cologne
Frankfurt
Lausanne
Lille
Madrid
Milano
Samarucs
Torino



COLOGNE

Frontrunners Cologne

[@frontrunnerscologne](https://www.instagram.com/frontrunnerscologne)



Over the past year, Frontrunners Cologne has continued to grow as a welcoming and active community for runners and walkers of all abilities.



Our regular Monday and Wednesday evening runs through Cologne's beautiful Stadtwald remain the heart of our club, and in recent months an additional Saturday morning run has become increasingly popular. Members enjoy starting the weekend together with a relaxed run followed by coffee and conversation.

One of the highlights of the year was the introduction of a walking group, allowing even more people to participate in our activities. Walkers and runners meet during the same club sessions and come together afterwards for drinks and socializing.

We also welcomed a new group of runners through our "Run with Fun" beginners' program, helping participants progress from zero running experience to completing their first official 5 km race.



Beyond our weekly sports activities, community life remains an important part of Front Runners Cologne. Our monthly social gatherings take us to restaurants across the city, while special events such as karaoke nights and bowling evenings have created many memorable moments and strengthened friendships within the group.

Our members proudly represented Front Runners Cologne at numerous races and events throughout the year, including the Cologne Marathon, Run of Colours in support of AIDS-Hilfe

Köln, the Rainbow Run organized by the Frankfurt Volleyball Club (FVV), the Course Saint-Valentin hosted by Front Runners Paris, the Düsseldorf Cup organized by Phoenix Düsseldorf, and the Cologne University Run, where many graduates of our beginners' program successfully completed their first race. Looking ahead, we are excited about the upcoming Gay Games in Valencia.

We are also preparing to welcome runners and walkers from near and far to our FrontRun on 8 August 2026 as part of the Janus Queer Games in Cologne. More information and registration can be found at <https://sc-janus.de/queergames/frontrun/>.

We look forward to another year of running, friendship, inclusion, and shared experiences.

You can find us on social media and online:

Website: <https://www.frontrunners-cologne.de/>

Instagram: <https://www.instagram.com/frontrunnerscologne>

Facebook: <https://www.facebook.com/frontrunnerscologne>

Linktree: <https://www.linktr.ee/frontrunnerscologne>



FRANKFURT

FVV Frankfurter Volleyball Verein e.V.

[@frankfurtervolleyballverein](https://www.fvv.org)



Recap
Rainbowrun 2025
in December -
our traditional
pre-christmas
event with more
than 500 runners
as part of our
xmas
tournament.

Despite
challenging
weather, every
year a welcome
last run for many
in our community
and beyond!

Eurogames 2028 were awarded to Frankfurt
and we are extremely proud to be part of the
organising team.

Of course there will be a running event!!

We look forward to welcome the European
running community and of course any
volunteers.

[@eurogamesfrankfurt2028](https://www.eurogamesfrankfurt2028.de)



LAUSANNE

Frontrunners Lausanne

[@frontrunners.lausanne](https://www.frontrunners.ch/lausanne)



LILLE

Front Runners Lille

[@frontrunnerslille](#)

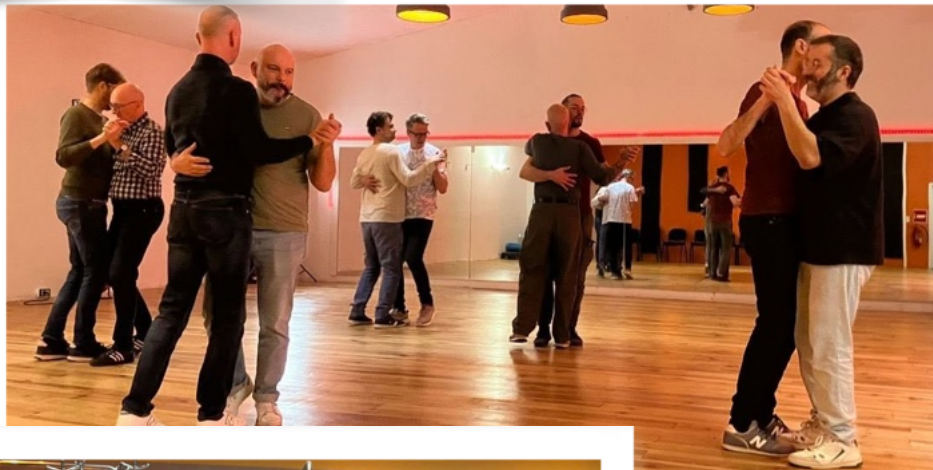


We have increased our membership and now have over 100 Frontrunners. We continue our successful Sunday morning runs at 9:30 AM and Thursday evening runs at 7:00 PM. Once a month, we run outside of Lille on routes suggested by our members.

We also enjoy social gatherings with our Apérofront events where we share a drink (always in moderation). We complement our activities with more cultural outings, such as visits to historical monuments (e.g., a visit to the belfry of Douai City Hall).

We now offer activities other than running: badminton on Wednesday evenings, dance one Saturday a month, and cycling with rides every weekend in the countryside around Lille.

Our annual event for the past three years: the Pride Run, held the first weekend of June. This year it brought together 1000 participants across 3 events (5km walk, 5km run and 10km run). We hope for nearly 1500 participants in 2027.



MADRID



GMadrid Sports Running

@gmadridsports_running



Greetings from GMadrid Sports Running in Madrid, Spain.

This season has been one of growth, community, and visibility for our group. We currently have 81 official members, and our community continues to expand through the participation of many "Friends of GMadrid Sports Running" who regularly join our Saturday activities, including Run & Pincho gatherings, monthly charity brunches, and personal development workshops.



Throughout the year, we have maintained our regular training schedule with sessions every Tuesday and Thursday evening in Madrid's Retiro Park, as well as Saturday activities in Casa de Campo.

Beyond running, our goal remains to create a welcoming, inclusive, and supportive space where LGBTQ+ people and allies can connect through sport, friendship, and shared experiences.

Our members have participated in major sporting events across Spain, including the Barcelona, Seville, and

Madrid Marathons, as well as numerous half marathons and local races, achieving several podium finishes throughout the season.

We have also continued our commitment to community engagement and social impact through monthly charity Run & Brunch events and collaborations with organizations such as Acción Triángulo and Asociación Imagina.

This year, we organized awareness and fundraising activities for Movember and International Women's Day, supporting both LGBTQ+ initiatives and women in need. One of the highlights of our season was our participation in the LGBTphobia in Sport Awareness Mile in Fuenlabrada, an event that reinforces our commitment to creating safer and more inclusive sporting environments for LGBTQ+ athletes and communities.



We also proudly took part in the Madrid Sierra Pride celebration in May 2026 and are currently preparing activities for Madrid Pride. In addition, we supported the Spina Bifida Charity Race through participation and social media outreach, hosted workshops on creative writing and attachment wounds, and continued to promote LGBTQ+ visibility by attending races and events in towns and smaller cities across Spain.



As always, we are delighted to welcome visitors from other Front Runners chapters and runners from many different countries, strengthening the international spirit that makes Front Runners such a special community.



MILANO

Front Runners Milano

[@frontrunnersmilano](https://www.instagram.com/frontrunnersmilano)



Front Runners Milano has experienced a vibrant 2025/2026 season, marked by growth, movement, and an ever more diverse sense of community.

From September 2025 through summer 2026, the group has continued to welcome runners of different backgrounds, experiences, and paces, including visitors from other Front Runners clubs, strengthening its role as an inclusive and welcoming running community in the city.

Our weekly Wednesday sessions remain the heart of our activity, while our monthly Saturday runs, each held in a different park in Milan, help us bring our presence across the entire urban area. Racing has also been an important part of the season: the Prosecco Run in December was one of the most magical and community-building moments, while our runners also took part, together or as proud ambassadors of the group, in 10K races, half-marathons, marathons, and ultramarathons.

Beyond performance, we actively joined Pride House during the Milano Cortina 2026 Winter Olympics with our talk "Run. Belong. Be Proud", and we continue our social commitment with Correre Oltre, helping people with disabilities experience the joy of

running. During Pride Month, we also organise “Running as a Collective Body”: not a competitive race, nor a performance-based training session, but a shared experience of movement, listening, and public space.



Looking ahead, the Athens Marathon in November 2026 will be our next major milestone.

SAMARUCS

Samarucs Running
[@samarucslgtbrunning](https://www.instagram.com/samarucslgtbrunning)





RCUIT DE CA



TORINO

Front Runners Torino

@frontrunnerstorino



We are growing! For the second year we Made a special run called PRIDE RUN in the day of our Pride day in Torino, Italy!



The next year we the city will host the European Pride and we hope to meet new front runner friends from around the europe.



<https://www.europride2027.eu/en/program/>

Regional Updates

Mexico, Central and South America



Rep: Gustavo Galicia

rep-mx-csa@frontrunners.org

Mexico City

Querétaro



Front Runners México, Central and South America Regional Update 2025–2026

During the past year, we continued strengthening the presence of Front Runners International in Mexico Central, South America through community outreach, relationship building, and support for LGBTQ+ running initiatives. One of our most meaningful contributions was our participation in the “Social Run por la VIHda,” where we helped design the route and actively promoted awareness of FrontRunners International among runners and the broader community in Querétaro and the central region of Mexico. This event provided an important opportunity to increase visibility for LGBTQ+ athletes and to share the values of inclusion, health, and community engagement that define FrontRunners.

Throughout the year, we maintained regular communication and collaboration with our four affiliated clubs in the region while also supporting the growth of new groups. We welcomed G Running in Mexico City to the Front Runners network, continued outreach efforts in Guadalajara, and began conversations with emerging groups in Pachuca and Peru. Additionally, we launched and maintained the FrontRunners LATAM Instagram presence to help connect clubs across Latin America, share activities, and strengthen regional engagement. We are excited by the momentum we are seeing and look forward to continued growth in the coming year.



Corriendo por la Vhida



Front Runners Querétaro



Puerto Vallarta Front Runners



Suriname Front Runners



GRunning | Front Runners Mexico City

MEXICO CITY

GRunning | Front Runners Mexico City
[@g.runningmx](https://www.instagram.com/g.runningmx)



Greetings from Mexico City!



Over the past year, our community has continued to grow through weekly runs, races, social gatherings, and new friendships built through running.

This year marks an important milestone for us, as GRunning officially joined International Front Runners and became Front Runners Mexico City. We are proud to represent our city within this global network and

look forward to connecting with clubs across Latin America and around the world.

Thank you for welcoming us into the Front Runners family.

Querétaro

Front Runners Querétaro

[@frontrunnersqueretaro](https://www.instagram.com/frontrunnersqueretaro)

This year has been an important sporting challenge for FrontRunners Querétaro.

As a club, we expanded beyond road running and into the trails, with a growing group of members now embracing trail running and mountain adventures.



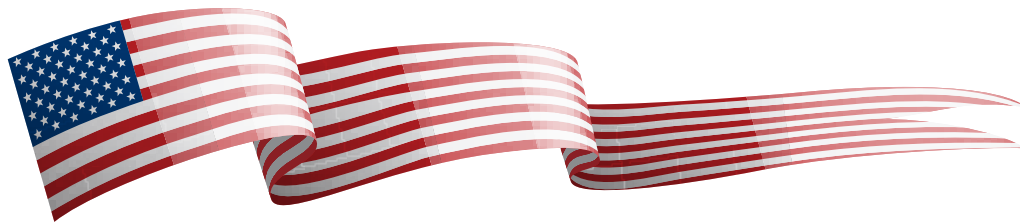
In partnership with Querétaro's LGBTQ+ Office, we helped organize the "Corre por la VIHda" run, promoting health, inclusion, and community engagement.

We are also maintaining close communication with other FrontRunners clubs across Mexico and Latin America, and are currently exploring opportunities to run together and collaborate on new projects in the coming months.



USA

BY REGION



EASTERN

Rep: Nick Velez

rep-us-e@frontrunners.org

Baltimore

Boston

Buffalo

New York

Philadelphia (Lez Run)

Pittsburgh

Provincetown

Rhode Island

Washington, DC

BALTIMORE

Baltimore Frontrunners

[@baltimorefrontrunners](https://twitter.com/baltimorefrontrunners)



2026 is off to a great start here in Baltimore, and we are so grateful for the community that continues to show up, support one another, and make Baltimore Frontrunners such a welcoming space.

Following our annual meeting in January, we are pleased to introduce the new Baltimore Frontrunners Board:

- **President:** Jesús Sánchez
- Vice President: Adam Wilson
- Secretary: Mike Miller
- **Treasurer:** Noah Ford (*Jan–May*), succeeded by acting Treasurer Lucas Klopfer
- Pride Coordinator: John Donahue
- Race Coordinator: James Sandberg
- **Weekly Run Coordinators:** Timmy Blood and Steven Mandes

Over the past year, we have strengthened our presence in the Baltimore running community through new collaborations with local groups, organizations, and businesses, including a 5K and yoga event with Patagonia and participating in the Global Running Festival sponsored by Believe in the Run and Brooks Running.



This year, we were also proud to support the 4th Annual Pride 5K, which Baltimore Frontrunners sponsors. The race continues to spotlight our club, celebrate LGBTQIA+ visibility in running, and bring together members, friends, allies, and the broader Baltimore community.

Our club continues to grow in both membership and regular attendance at weekly runs and local races. We are especially thankful for everyone who shows up, welcomes new faces, cheers each other on, and helps make this community what it is.

We've already had exciting moments this year, including several members achieving personal bests at the Coastal Delaware Running Festival, with two members finishing second and third overall in their respective races.

Thank you to every runner, walker, volunteer, and supporter who continues to help Baltimore Frontrunners grow and thrive.

BOSTON

Frontrunners Boston

[@frontrunnersboston](https://www.instagram.com/frontrunnersboston)



All of us at Frontrunners Boston are thankful for another great year of running and LGBTQ+ pride!

As always, we had many out-of-town visitors on Boston Marathon weekend join us for our fun run.

We're also thankful to have joined up with Marathon Sports and other queer running groups in the Boston area for a pride run this June.

Wishing all Frontrunners near and far a happy Pride and a great year of running this upcoming year!

BUFFALO

Front Runners Buffalo

<https://frontrunnersbuffalo.org/>



Buffalo Front Runners - Front Walkers Pride Fun Run, June 2nd, Delaware Park, attended by Buffalo Mayor Sean Ryan (white shirt with back to camera) and gay Buffalo Council member Mitch Nowakowski (orange sport shirt and white shorts to the right of the mayor). This is a free event and Front Runner's gift to the community.

NEW YORK

Front Runners New York

[@frontrunnersny](https://www.instagram.com/frontrunnersny)



New York City remains one of the most exciting cities in the world for runners and racing, and Front Runners New York is truly pounding the pavement in 2026 -- all 1,100 of us!

Unprecedented times have led to unpredictable and oftentimes inclement weather conditions, with NYC being no exception. Our fearless leader, Ryan Hallett, has devised a science-based and comprehensive weather policy to help guide us when making the call to cancel an event due to severe weather, which we have adopted and enacted.

It takes a village to keep our club going: Earlier this winter, Jacqueline Rios stepped up to the plate to serve as our Women's Director at Large on the board of directors. Alongside Jackie Faselt, our new co-chair of the Women's Team, they are working tirelessly to improve programming for current women members through social events and specialized runs, as well as driving recruitment efforts to promote the FRNY Women's Team in and around the city. Joining Jackie in discovering ways to better see and celebrate our membership are Warren Hall, the chair of our new membership engagement committee, Francis Fabic, the new chair of our social committee, and James Fama, who also joins our board of directors in 2026.

In big racing news, FRNY won the Team Competition Award in the non-binary division at the 130th Boston Marathon! In May, The Cape Town Marathon became a full-fledged World Marathon Major, and our chapter has the distinction of having at least four members become WMM 8-Star marathoners: they are Christine Goubet, IFR President Bryan Lip, Andrew MacPhail, and Henry Wu!

June is Pride Month in NYC, as well as the beginning of Gay Games. FRNY is pleased to announce that Housing Works will be the beneficiary of the 45th Annual Pride Run in NYC on June 27th, which will once again be helmed by J Solle. J and the Pride Run committee have introduced special fundraising bibs, which has allowed more opportunities for members to run and to raise even more money for Housing Works. Max Grove deserves special mention here: His fundraising efforts across a record number of charity bids have totaled over \$25,000! On Sunday, June 28th, while many of us will be marching down Fifth avenue at the 57th Pride March, a record 80+ club members will be making their way to Valencia, Spain, to represent FRNY at Gay Games XII. Special thanks to Megan Coryat and our Gay Games committee for supporting our athletes through their fundraising efforts and getting everyone over to Europe!

If this is only the first half of 2026, we cannot wait to see what is in store for the rest of the year. Happy Pride to you all!



PHILADELPHIA

Lez Run

@lezrun



It's been a busy and exciting six months for us!

First and foremost, we are still meeting every Saturday morning at **8:00 AM at Lloyd Hall** for our weekly community run, followed by coffee and chat. We welcome all paces and abilities.

Whether people are training for a race or simply looking for connection and community, we hope they join us.

Our advocacy continues! We are actively working alongside Queer Run to advocate for equitable opportunities for elite nonbinary runners at the Philadelphia Marathon.

We would greatly appreciate your support by signing our open letter and helping amplify this important issue: <https://queerrun.net/blog/pmw-non-binary-equity/>

Our members have been busy racing and representing Lez Run across the region and around the world, including at:

- Fireside Frostbite 5 Miler
- Love Half Marathon
- Broad Street Run
- Tokyo Marathon
- Cape Town Marathon
- Wissahickon Trail 10K
- Run Fest 5K & Half Marathon
- Queer Run Philly 5K

We also kicked off Pride Month by supporting the Philly Dyke March and hosting the inaugural **Dyke Dash**. This fun run went through the Gayborhood with several stops highlighting important LGBTQ+ history and community landmarks before joining the rally and march. We hope it becomes an annual tradition.

Looking ahead, we are excited to partner with **Transcenders Running Club** to host a fun and welcoming track event for LGBTQ+ athletes on **July 25**. More details will be announced soon.

Please follow us on Instagram for updates, events, and community highlights.



PITTSBURGH

Pittsburgh Frontrunners

[@pghfrontrunners](#)



Things have been busy in the Steel City (Pittsburgh, PA).

The NFL Draft was held in our great city in April, and we held a special run over to the "NFL Draft Clock." The Pittsburgh Pirates also held Pride Night at PNC Park on June 11, and we had a social gathering prior to the game.

Unfortunately, our battling Buccos did not win, but we got to see a fabulous fireworks show after the game.

We continue to do our Thursday evening runs in beautiful Schenley Park. On Saturdays, we have our largest group of runners and walkers.

Often, we will run by the Point where the fountain. We are now fortunate to have found a gathering spot after our runs and walks.

We've recently had guests from Chicago Frontrunners.

We have some other gatherings planned in Pittsburgh during the summer.



PROVINCETOWN

Provincetown Runners
@ptownrunners



The Provincetown running group is quieter in the off-season but has good support throughout the shoulder and summer season from residents and visitors.

Last Sunday we ran the Provincetown Business Guild's 'Welltown 5K' to promote all things in Provincetown pertaining to getting outdoors and enjoying the beauty of the Cape Cod Seashore.

RHODE ISLAND

Frontrunners Rhode Island

@fronrunnersri



A group of diverse, gregarious and health-conscious folks who also happen to be LGBTQIA+. We run, walk, and roll every Monday and Thursday at 6:00 pm and Saturday at 9:00 am in Providence.

We have monthly social gatherings outside of the weekly exercise times. Newcomers and all paces are always welcome!



WASHINGTON, DC

DC Front Runners

[@dcfrontrunners](#)



Earlier this month, we had another successful Pride Run 5K on a warm Saturday morning, but despite the less than ideal racing weather, the atmosphere was festive and supportive as usual.

Later this month, DC Front Runners will be marching in the Pride parade with a float this time and setting up a booth at the festival to recruit potential new members. And later this month, about a dozen of us are going to Valencia to participate in the Gay Games. DC Front Runners members will be doing a variety of events, from track events such as the 1500m and the 5000m to the road 5K, the road 10K, and even the half-marathon and marathon.

In August, DC Front Runners will celebrate its forty-fifth birthday. Even after all this time, DC Front Runners has continued to thrive as a supportive environment where runners and walkers from the LGBTQ+ community can connect with each other, learn from each other, and participate in the sport together.

Membership is still 500-plus strong, new runners show up on a weekly basis and many of them stay, and our social events, from monthly happy hours to theater outings, have been consistently well-attended.

Last fall, we launched a beginning runner's program, which culminated in our annual Turkey Trot 5K on Thanksgiving morning; ten to twenty runners completed the program and several of them are continuing their running journey with DC Front Runners and are now aiming for higher goals, including running longer-distance races or enrolling in the spring track program.

Meanwhile, our spring track program has had another successful year; numerous participants have dropped minutes off their 5K time during the season. Many DC Front Runners members are enthusiastic about racing, with many training for fall marathons and others travelling the globe to race, including several trying to finish marathons in all fifty states, one completing a marathon in Antarctica, and another completing the latest World Major, the Cape Town Marathon.

Our monthly run and brunch for our female, trans, and non-binary members continues to draw solid attendance.

As we approach the summer months and the end of another year, we at DC Front Runners continue to look for ways to improve the experience of anyone who runs and walks with us.

We reiterate that DC Front Runners is open to all walkers and runners regardless of pace, goals, or experience level, and those visiting DC are encouraged to stop by one of our runs or walks.

For more information, please visit our website www.dcfontrunners.org, look for us on Instagram ([@dcfontrunners](https://www.instagram.com/dcfontrunners)), or join our Discord server (discord.gg/agYG6MRxbp).

SOUTHERN

Rep: Robby Rodriguez rep-us-s@frontrunners.org

Austin

Dallas

Fort Lauderdale

Houston

Orlando

AUSTIN

Austin Front Runners

[@austinfoonrunners](#)



Greetings from Austin Front Runners! We are continuing 2026 with enthusiasm in preparation for our 4th annual Pride run, "Pride On The Trail," in June and our upcoming member favorite event of a Party Barge celebration in August on the lake.

We feel incredibly fortunate to have such a vibrant community and access to Austin's excellent running trail network allowing runners and walkers to choose from four lovely loops around Lady Bird Lake: 3, 4, 5, or 7 miles.

Austin Front Runners is an active club that extends well beyond our weekly scheduled runs. We host monthly happy hours and organize consistent social events, including post-run swims, dinners following our Tuesday runs, and brunch after our Saturday runs.

Additionally, AFR proudly participates in Austin's annual Pride Parade, where we lace up our running shoes to demonstrate what running with Pride truly looks like.

We maintain an active social media presence with multiple photos posted weekly, and all events are regularly updated on our Instagram account.

To help our members connect with one another and stay informed about both our runs and community topics, we manage a Discord server as our primary communication platform alongside email and Instagram.

Given Austin's thriving running culture, many of our members participate in other local running and social clubs where we actively foster partnerships like organizing joint events that bring diverse communities together, strengthening Austin's overall running network.

Our membership year begins in July with a membership celebration party, marking another year of community, activity, and friendly faces while looking ahead to the opportunities that lie ahead.

You'll find us on the trail rain or shine, so if you find yourself in Austin, we invite you to join us for a warm Texas welcome!

DALLAS

Dallas FrontRunners

[@frontrunnersdallas](https://www.instagram.com/frontrunnersdallas)



Dallas Frontrunners continues to grow!

We have grown from an average of 60 runners/walkers on a Wednesday night to over 80 runners/walkers.

We're excited to see so many new faces joining!

In addition to our Sunday runs, we've added monthly trail runs around the DFW metroplex!



2026 Front Runners & Walkers Fort Lauderdale - Year-to-Date Highlights

May 2026 - Love Wins 5K (Inaugural Event)

One of the organization's biggest milestones this year was launching the inaugural:

- Love Wins 5K

Held May 3, 2026, in Wilton Manors, the event featured:

- Scenic course along Wilton Drive
- Runner and walker divisions
- Men's, women's, and non-binary awards
- Community festival atmosphere
- Pride and inclusion themes
- More than 300 registered participants and finishers

The race established itself as a new LGBTQ+ inclusive running event for South Florida. Planning for 2027 has already begun.

Community & Social Engagement

Throughout 2026, the organization continued emphasizing:

- LGBTQ+ inclusion
- New-member outreach
- Community fundraising and outreach
- Social events and networking
- Race participation across South Florida
- Continued growth of the Couch-to-5K training program, with the Hop to It 5K serving as a goal race for new runners and walkers completing the program.

HOUSTON

FrontRunners Houston

[@frontrunnershtx](https://twitter.com/frontrunnershtx)



FrontRunners Houston continues to strengthen engagement across the City of Houston and the Greater Houston area through consistent programming and community-building activities.

The club currently hosts three weekly running and walking meet-ups, each followed by a group dinner that supports member connection and reinforces a welcoming environment. Monthly socials and seasonal group trips remain key drivers of participation, helping maintain strong relationships and encouraging long-term involvement.

The leadership team remains focused on improving the organization and expanding its impact within the LGBTQ+ community and among allies.

Member feedback is actively collected and used to guide program development, with recent input highlighting a growing interest in recreational travel opportunities that blend fitness, exploration, and social connection. In response, a group trip to Colorado was organized, featuring a white-water rafting experience that received highly positive feedback from participants. Members expressed appreciation for the planning and coordination involved. Additionally, annual beach outings and pool parties continue to serve as popular social events, offering relaxed and joyful settings that further strengthen community bonds.



Overall, FrontRunners Houston remains on a positive trajectory, with strong engagement across weekly activities, social events, and travel-based experiences. Member feedback continues to shape future initiatives, ensuring the club evolves in ways that reflect the needs and interests of its community.



ORLANDO

Orlando Front Runners and Walkers

FB: [ORLFrontRunners](#)



Orlando Front Runners and Walkers is into our 34rd year as a club, Established in January 1993.

In addition to our regular Saturday morning fun runs/walks (followed by breakfast) we have had gatherings for hikes, volleyball, parties and outings.

Members have participated in a variety of races over the past year including the 10th annual CommUNITY Rainbow Run (Honoring Pulse victims), Corporate 5k, OUC Half marathon, and Disney Marathon.

CENTRAL

Rep: Randy Hite

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Cleveland
Colorado
Columbus
Kansas City
Lexington
Milwaukee
Minneapolis/St. Paul
Omaha

CLEVELAND

Cleveland Front Runners

[@clefronrunners](#)



The story of Cleveland Front Runners stretches back to the early 1990s, carrying through 2018, until its revival in 2025. The spark for revival came from two Clevelanders who shared a love of running and a belief that our city deserved a dedicated LGBT+ running community. Their knowledge of the original Cleveland Front Runners helped shape the foundation of the vibrant group you see today.

As of July 2025, we've met almost every Saturday, in every kind of Cleveland weather, yes, even the snowy kind! Our weekly meetups begin with group introductions, a quick rundown of the route, and a moment to share something about ourselves.

It's simple, genuine, and it captures exactly what community feels like. Our largest turnout so far has reached 36 runners and walkers, and our community keeps growing.

Together, we've supported and enjoyed our favorite local coffee shop, Ready Set Coffee Roasters, cheered at Lake Erie Monsters hockey games, joined local G2H2 happy hours, welcomed visitors from Front Runners New York, Washington, D.C., the Netherlands, and launched our first line of Cleveland Front Runners-branded running gear!



What's most remarkable is how far our sense of community reaches. Even as a smaller club, the connections we've built make us feel part of something much bigger, and in many ways, we truly are.

We're Front Runners, all of us, and we're proud to be here together!

From all of us here in Cleveland, we're sending our love, our pride, and our sense of community. Wishing everyone a safe, joyful, and truly unforgettable time at this year's Gay Games.

COLORADO

Colorado Frontrunners

[@coloradofrontrunners](https://www.instagram.com/coloradofrontrunners)



The Colorado Frontrunners have had a great year of growth in several aspects.

We have more participants at our various weekly runs, and we have record enthusiasm and participation levels for local races.

COLUMBUS

OutRunners Columbus

[@outrunnerscolumbus](https://www.instagram.com/outrunnerscolumbus)



The sun is out, the temps are up, and members of the OutRunners Columbus (ORC) are hitting the streets and trails for miles and smiles!

Whether you are a local or just visiting central Ohio, we invite you to join us for some casual group runs and walks.

If you find yourself in Columbus, join us for some miles and smiles!

KANSAS CITY

Kansas City Frontrunners & Walkers
[@kcfrontrunners](#)



Waiting to begin marching at the 2026 Kansas City Pride Parade

Kansas City Frontrunners is proud to be in our 45th year, having been founded in 1981.

We meet twice a week, on Wednesday evenings and Sunday mornings, with an even mix of runners and walkers participating.

In addition to our regular meetups, we host a monthly Friday evening Happy Hour at different local gay bars as a purely social event. We also participate each year in the Kansas City AIDS WALK and the Kansas City Pride Parade and Festival.

Summer brings added fun, including a picnic in the park after a Wednesday run, and also a pool party at a member's home.

We're proud to offer a balance of consistent running and walking opportunities, along with a variety of social events that help build community among members.

LEXINGTON

Frontrunners Lexington

[@frontrunnerslex](#)



2026 has already been an exciting year for Frontrunners Lexington!

We are in our FIFTH year as an official nonprofit and celebrated a major milestone with 80 members during our annual member registration period last fall.

Our weekly runs/walks on Wednesdays and Saturdays are continuing to grow, especially as the weather has warmed up!

Our track program - led by two of our members - is now in its fourth year and continues to draw novice and experienced runners from all over Lexington.

Our Pride Run 5K is scheduled for Saturday, September 19. This year, we've launched a fundraising program to raise more dollars and a couch to 5K program to help folks prepare for the race! Funds raised from the Pride Run 5K support our annual grant and scholarship program. Last year, we granted out nearly \$15,000 to individuals and organizations making Central Kentucky a better place to live, work, and play.

Learn more about our grant and scholarships here: frontrunnerslex.com/grants/

Our club has continued to expand its role in local activism. Last year, our board chair participated on a city-led task force called STREEET (Shared Travel Requires Engineering,

Education, and Enforcement of Traffic). This task force focused on short term and actionable things our city government can do to make streets safer for all modes of transit.

In April, we hosted a fundraiser drag show that included voter registration, speeches from our local candidates running for office, and raised \$2,000 for Kentucky Health Justice Network, a nonprofit that empowers Kentuckians to achieve reproductive justice - focusing specifically on abortion access and trans healthcare.

Frontrunners Lexington is continuing to be active in the areas of street safety, LGBTQ rights, and more. Learn more about our local activism here: frontrunnerslex.com/action/.

MILWAUKEE

Frontrunners Milwaukee

[FB: Frontrunners Milwaukee](#)

Frontrunners Milwaukee celebrated our 30th anniversary in February 2026.

We are a small group, but remarkably consistent, never having missed a single Saturday meeting in that entire 30 year run!

We continue to welcome all members of the queer community and allies, and are particularly proud that trans and non-binary folx have found a place with us.



The Minneapolis/St. Paul Frontrunners continue to host two running/walking meetups each week on Saturday and Sunday.

We love having visitors - please see our Facebook page for details if you ever happen to be in town!

Our members participated in a wide variety of races across Minnesota last year, from Rochester all the way up to the Iron Range, and we continue in our efforts to try to grow our membership.

We mourned the passing of Brad Fletcher, who many will recognize as a long-time major contributor to IFR and the Gay Games.

Rest in peace, Brad.

The simple update from the Omaha Front Runners group is unfortunately, we are still getting smaller. We have had members who have passed away, as well as members who have moved away and the group continues to shrink with no new members in sight.

The members who do continue to show up will allow us to continue as long as we can.

The people who do show up, do you want to continue the group as long as possible, but that's going to be a very small number of people and we will just go until it makes no sense to continue. I know this sounds pessimistic, but it's just a fact for us, of the interest in the group, as well as younger people wanting to do different things other than join a group that walks. Online is what motivates younger people.

The most frustrating thing for me is when I post something such as on the Meetup app, there are people who go on there and "like" us and then never show up - these are people who just wanna belong virtually, not actually.

<https://www.meetup.com/omaha-front-runners-walkers-group/>

WESTERN

Rep: Gilbert Gaona

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@cgilbertrun

East Bay

Honolulu

Long Beach

Los Angeles

Sacramento

San Diego

San Francisco

Seattle

EAST BAY

East Bay Front Runners and Walkers

[@ebfrw](#)



Saturday run/walk at Lake Merritt, Oakland, on 6/14/26

Now fully middle-aged at 42, East Bay Front Runners and Walkers is growing and healthy. Turnout at Saturday run/walks continues to increase, and we are thrilled that women now represent nearly 30% of those participating. Membership has reached a new high of 125.

We have launched an Outreach Committee whose mission is to expand the club's reach and build engagement amongst our members.

This year we are collaborating with San Francisco FrontRunners on two "crossover" run/walks in which each club hosts members of the other club at a scheduled run/walk.

Volunteerism and giving back is huge in the EBFRW community. We recently participated in the Alameda County Community Food Bank's Pride Day of Service, with more than a dozen members volunteering their time to bag produce for those in need.

In March, 20 members staffed a hydration station at the Oakland Marathon, which we have supported every year since that event re-launched in 2010.

Our 22nd Annual [Pride Run and Walk](#) 5K and 10K is set for October 10, in honor of National Coming Out Day.

We are proud to continue our partnership with Running for a Better Oakland (RBO), which made last year's Pride Run and Walk a goal race for their young runners' early fall training season. (The first 50 Front Runners who sign up for this year's race save \$5 by entering discount code **IFR5OFF** at checkout!)

We are excited to have 10 members participating in this year's Gay Games in Valencia, and look forward to connecting with Front Runners from around the world at this event!

Web: eastbayfrontunners.org

Facebook: facebook.com/EBFRW

Instagram: instagram.com/ebfrw

Strava: strava.com/clubs/EBFRW

HONOLULU

Honolulu Frontrunners/Front Walkers

[@honolulu_frontrunners](https://www.instagram.com/honolulu_frontrunners)



The Honolulu Frontrunners/Front walkers has had a productive year.

In addition to our weekly Saturday morning run/walk, we also have evening activities every Wednesday, alternating between a hike up Makapu'u and a walk around Ala Moana Beach Park.

We get together once a month at a variety of restaurants.

In Honolulu Pride is celebrated in October, and we sponsor a fun 5K Run/Walk.



We began this in 2018 and each year we have slowly increased the number of participants. The race generates a small profit, and we donate a portion of it to a local nonprofit organization which provides counseling and a safe space for at-risk teens, most of whom are from the LGBTQ community.

LONG BEACH

Long Beach Frontrunners

[@lbfrontrunners](#)



It's been a fun and busy year for Shoreline Frontrunners of Long Beach.

Between our regular runs and walks, happy hours, post-run hangs, and the always competitive Brunch Off, we found plenty of excuses to spend time together.

We hosted another great Long Beach Pride Run with a record 620 participants and loved seeing so many friends from other Southern California clubs come out and join us.

December brought back our Santa Speedo Run and another weekend of welcoming out-of-town visitors to Long Beach, and we kept our streak alive by showing up as the largest team at the Palm Springs Pride Run for the third year in a row.

Looking forward to seeing everyone again this year!

LOS ANGELES

Los Angeles Frontrunners

[@losangelesfrontrunners](https://www.instagram.com/losangelesfrontrunners)



2026 marks the 46th year of Los Angeles Frontrunners (50 is on the horizon!).

Our 43rd Pride Run, held on Father's Day, capped off a busy Pride Month as many members prepared for their trip to Gay Games Valencia.

Our Thursday night track workout at Occidental College continues to be the club's most popular run, bringing together runners ages 9 to 78.

Post Gay Games, we're looking forward to an active second half of the year. Highlights include our 8th Doggie Dash 5K, the club's annual trip to Catalina Island, and the start of fall marathon training.

If you find yourself in LA, come join us for a run/walk!

SACRAMENTO

Sacramento FrontRunners & FrontWalkers
[@sacfrontrunners](#)



Sacramento FrontRunners & FrontWalkers experienced an exciting year of growth in 2026, welcoming many new members and expanding our weekly schedule with the addition of Monday evening runs.

Alongside our regular Wednesday and Saturday events, we continued strengthening connections within both the LGBTQ+ and running communities.

We also hosted our second annual Sacramento Pride 5K, a celebration of community that brought together hundreds of participants and supporters while benefiting the Sacramento LGBT Community Center.



SAN DIEGO



Front Runners & Walkers San Diego

@f_r_w_s_d



This year, Front Runners and Walkers San Diego celebrates its 45th anniversary, and we are excited to report that our club is healthier and more vibrant than ever.

The past year has been one for the record books, and we remain committed to providing a welcoming and affirming space for queer San Diegans and our allies.

In 2025, we surpassed 300 members for the first time in club history, and membership growth continues to accelerate. We are currently outpacing last year's numbers by more than 50 members. Our community has also been more active than ever.

In addition to our four weekly runs and walks, members participate in a variety of social and community-building events, including Front Runner Fridays on the first Friday of each month, biannual karaoke nights, Pasta Paloozas before major local half marathons, collaborations with other local running clubs, our first Variety Hour and hosting the Southern California Front Runners Weekend.

To keep up with everything happening in our club, follow us on Instagram at [@f_r_w_s_d](https://www.instagram.com/f_r_w_s_d).



Since our last recap, our signature event has been the 2025 San Diego Pride 5K. We are currently preparing for this year's race on July 18. Due to major construction along the main corridor of Hillcrest, San Diego's historic LGBTQ+ neighborhood, we were required to reduce the race capacity to 2,000 participants. Despite the smaller field, we matched the previous year's record donation of \$65,000 to our beneficiaries, the San Diego LGBT Center's Youth Housing Project and San Diego Pride Youth Services.

We are currently on pace for another record-breaking year of registrations and charitable contributions.

If you find yourself in San Diego, we invite you to join us for a run or walk. We'd love to show you why San Diego is known as America's Finest City.

www.frwsd.org

Join us year-round for our activities.

Tue & Thu @ 6 pm at 6th & Laurel in Balboa Park, San Diego

Sat @ 8am at Veterans War Memorial at Zoo Drive & Park Blvd, San Diego

Sat @ 9am at Magee Park, Carlsbad

SAN FRANCISCO

San Francisco FrontRunners

@sffrontrunners



San Francisco FrontRunners: Building Community Through Running and Beyond

The past few months have been a reminder that San Francisco FrontRunners is about much more than running. Our members have continued to strengthen connections, celebrate queer culture, and give back to the community in meaningful ways.

In May, members came together for the annual Rainbow Memorial Run, honoring those we have lost while celebrating the resilience and spirit of our LGBTQ+ community. Beyond our regular runs, SFFR has continued to grow as a social and cultural community. Members have enjoyed a variety of activities including monthly socials, book club discussions, movie outings, and our popular supper club, which brings people together to explore restaurants across San Francisco and discover new neighborhoods and cuisines.



This year also marked our third consecutive year participating in Bay to Breakers as a centipede team, continuing a tradition that has become one of the highlights of our racing calendar and a favorite among members and spectators alike.

Our community's commitment to giving back was on full display during Pride Run 2026, which raised nearly \$50,000 for Rafiki Coalition, supporting health and wellness services for Black and marginalized communities. SFFR members also stepped up to support the cause by participating in volunteer efforts alongside Rafiki Coalition throughout Pride season.

Celebrating queer arts and culture remains an important part of who we are. During Frameline, San Francisco's International LGBTQ+ Film Festival, members organized group outings to support filmmakers and artists, sharing in the stories and experiences that make our community vibrant and diverse.



These moments reflect what makes San Francisco FrontRunners special: a welcoming community where running is just the beginning. Through fitness, friendship, service, and culture, we continue to create spaces where everyone can connect, belong, and thrive.



SEATTLE

Seattle Frontrunners

[@seattlefrontrunners](https://twitter.com/seattlefrontrunners)



Seattle Frontrunners continues to be a powerhouse of LGBTQ+ running on the West Coast!

Over the last year, two initiatives led by members have welcomed new participants to the club: our Monday mini-run and Gender Diverse series. Our Monday mini-run is a 2-ish mile run open to runners of all abilities, designed to be run at an easy pace and serve as either a recovery run or for those who are new to running. The run has grown from just a couple of members to as many as 2 dozen members, especially during special events such as the cherry blossom run.

Our Gender Diverse run is open specifically for queer women, trans, and non-binary runners, and is similarly run at an easy pace on the same routes as the Monday mini-run.

SFR members have also participated in a number of races, including our in-house charity race Seattle Run & Walk with Pride, which will be held on June 20 for its 44th year, benefitting our local non-profits Peer Seattle (for recovery and mental health) and Seattle Pride (organizers of the Seattle Pridefest and Pride Parade). Each year we have over 800 participants who either run/walk the 4k/8k route, virtually run, volunteer, or donate. Our club members also have a chance to take advantage of reimbursement for race registration fees through our grant program.

Finally, in July we send 2 teams to run the Northwest Passage Ragnar Relay, a 200-mile event that's run from the Canadian border to Whidbey Island.

