

MOTION

Running is a simple, affordable and effective form of exercise that provides many physical, mental, and social health benefits. Regular running can strengthen the heart and lungs, improve circulation, build stronger muscles and bones, and help maintain a healthy weight. It can also reduce the risk of chronic conditions such as heart disease, type 2 diabetes, and high blood pressure. Beyond physical health, running can improve mood, reduce stress and anxiety, and support better sleep. Running with others also provides opportunities to meet new people, build friendships, stay motivated, and develop a sense of community. Participating in a running club can make exercise more enjoyable and encourage people to stay consistent with their fitness goals while creating meaningful social connections.

Los Angeles has a diverse running club scene within the city limits, ranging from casual social groups to more structured training communities. DTLA Running is a welcoming, free club that meets in Downtown LA and offers different distances for beginners through experienced runners. BlacklistLA combines running with exploration of Los Angeles street art, hosting free weekly art runs, track workouts, and long runs throughout the city. Boyle Heights Bridge Runners meets at Mariachi Plaza and is known for its community focused atmosphere and short, accessible routes across the Sixth Street Bridge. Little Tokyo Run Club offers a friendly introduction to running around Little Tokyo and the Arts District, while Koreatown Run Club is a large, energetic community with multiple weekly runs and different pace groups. Together, these clubs provide opportunities to exercise, meet people, explore different neighborhoods, and become part of LA's local running community.

Los Angeles should celebrate running as a way to bring people together and showcase the city's diverse communities. With running clubs spread across neighborhoods throughout the city, people of different ages, backgrounds, cultures, and fitness levels have opportunities to connect through a shared passion for running. The city needs to celebrate these groups by supporting community runs, highlighting local clubs at public events, and providing safe, accessible spaces for runners. Recognizing the unique identities and contributions of these clubs would not only encourage healthier lifestyles but also strengthen community connections and celebrate the diversity that makes Los Angeles such a vibrant city.

I THEREFORE MOVE that Council REQUEST the Department of Recreation and Parks to report on a process that creates a citywide running club that showcases the diverse open spaces throughout the City and creates a place for individuals and the diverse running clubs around the city to come together.

PRESENTED BY:


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SECONDED BY:



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