



Houston Area Running Clubs

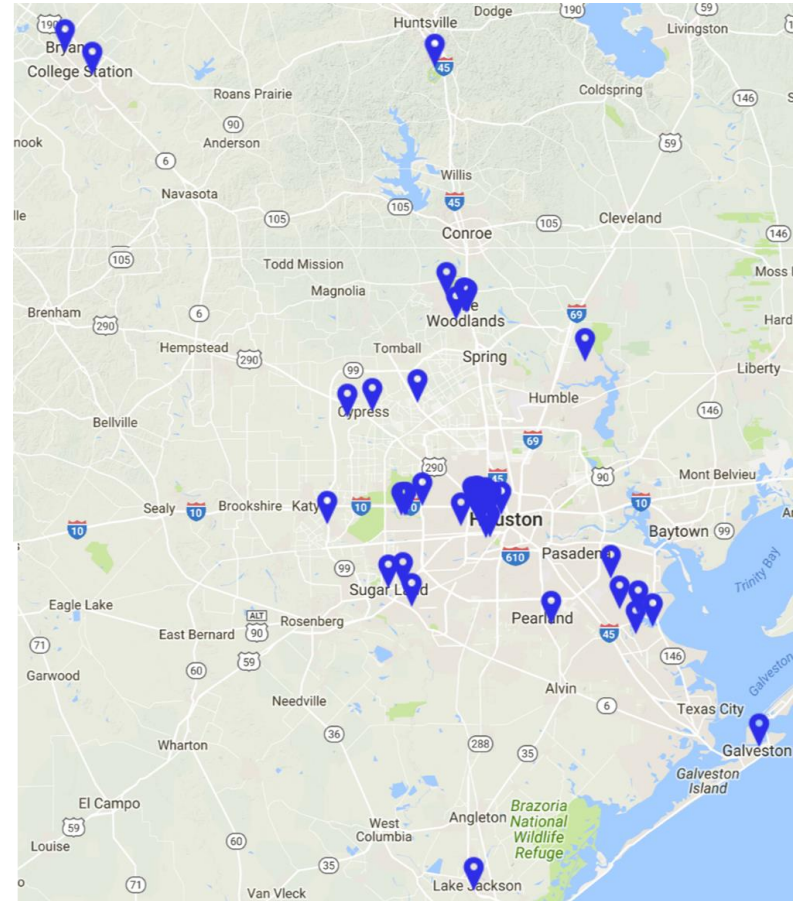
Who Are They?

Why Join One?

How to Start One?

Houston Area Running Clubs

- More Than 40
- Well Dispersed
- Four Main Types
 - Social
 - Training
 - Traditional
 - HARRA
- Club list and map at www.harra.org



Social Oriented Clubs

- Non-competitive
- Usually free
- Often run to/from a bar
- Brian O'Neills the largest
 - Fitness, fun, philanthropy
 - Several sister clubs in region
- Hash House Harriers global



Training Oriented Clubs

- Goal focused
 - Marathon or half
 - Couch to 5k
 - Personal performance
- Fee bearing
- USA Fit the largest
 - Several affiliates in region
- Many other great programs
 - For newbies to elites



Traditional or All Around Clubs

- Social and performance
- Group runs / training
 - Race and socialize together
 - Manage races / volunteer
- Modest dues (\$20/yr +/-)
- Terlingua Track Club oldest
 - Pre-Houston Marathon
- Many other great clubs



HARRA

- Umbrella organization to support running
 - All volunteer non-profit
 - Membership about 40 clubs and 1500 individuals
 - Modest dues (\$25/yr individual \$35/yr household)
- Advocacy
 - Pedestrian pathways / trails improvements
- Philanthropy
 - Parks such as Memorial Park Stretching Deck
 - Bel Inizio, Girls on the Run, Run for Wellness
- Member Services
 - Discounts, Fall & Spring Series, Competitions, Tour de Bayou, Texas Runner & Triathlete Subscription, AED Team, Power in Motion, Weekly E-news

Why Join A Club?

1. Running partners
2. Social enrichment
3. Knowledge - learn from others
4. Motivation – get the needed boost
5. Give back to other runners
6. Discounts add up
7. Safety on the run
8. Inclusive – for all ages, paces, and abilities

How to Start a Club?

- Organizing and managing a running club for the long haul takes effort
- Many clubs, including HARRA, are affiliated with *Road Runners Clubs of America (RRCA)*
- RRCA can provide non-profit status and liability insurance
- RRCA has guidelines and best practices for clubs
- Go to the RRCA website “Start A Club” page
 - www.rrca.org/resources/club-directors/start-a-club

Questions?