

Running the rainbow for ten years

It was ten years ago, on a brisk winter evening, that a group of three friends decided to set out on a different kind of journey.

Starting from the heart of Edinburgh, they formed the Edinburgh Frontrunners, a club like no other. Today, this club has grown into a vibrant community with more than 100 LGBTQI+ members.

From young enthusiasts in their early twenties to seasoned veterans well into their seventies, Edinburgh Frontrunners has become a melting pot of running passion. What makes this group unique, like its counterparts worldwide, is its unwavering connection to the LGBTQ+ community, providing a welcoming space for all.

Every week, the Edinburgh Frontrunners assemble for Saturday-morning and Wednesday-night evening runs. It's more than just about chasing miles, it's about forging friendships and indulging in some friendly competition.

The beauty of this club lies in its all-encompassing approach to running, catering to all skill levels. Whether you're a novice taking your first strides with the Couch to 5K program or a marathon enthusiast aiming for new goals, this club has your back.

They even offer specialised training programs for those who want to tackle longer distances or sprint through shorter ones. But what truly sets Edinburgh Frontrunners apart is

their commitment to the social aspect of running.

The club's president said: "The social aspect of the club is key to its success."

The club believes that running isn't just about physical fitness, it's a social endeavour where you can connect, make new friends, and enhance your overall well-being. Edinburgh Frontrunners' flagship event, much like their national and international counterparts, is the Pride Run.

This timed, five-mile run winds through Holyrood Park joining the Parkrun. While it's a standout moment, the club always welcomes new members with open arms, inviting everyone to join their journey. Beyond running, Edinburgh Frontrunners serves as a lifeline for many within the LGBTQ+ community.

In a world where traditional socialising often revolves around pubs and clubs, this club offers a unique alternative: health and fitness. The benefits are far-reaching, extending into creating a space where members feel valued, supported, and entirely comfortable.

The global Frontrunners movement, begun in San Francisco in 1974, has expanded exponentially over the years. From New York to Paris, Tel Aviv to Milan, these clubs have become symbols of inclusivity in the running world. Edinburgh Frontrunners continues this tradition of openness and acceptance. Edinburgh Frontrunners are not just pushing the boundaries of athleticism but also striving for greater inclusion. Edinburgh Frontrunners isn't merely about finding a safe space, it's about creating a thriving, welcoming environment. It's about breaking down the barriers of homophobia and transphobia that linger in the world of sports.

Happy Birthday



EDINBURGH FRONTRUNNERS



RUNNING THE RAINBOW SINCE 2013

edinburghfrontrunners.org