

Active People Toolkit

This toolkit is designed to provide information and resources for partners of Multnomah County REACH and the people we serve. This document contains movement-based community events, local resources, walk-run groups, and other information to help our communities stay active throughout the year. This information is updated quarterly. **To provide feedback, [use this form.](#)**

For questions, email Nsilo Berry at nsilo.berry@multco.us.

Quick Links

- multco.us/info/health-hubs
- portland.gov/parks/recreation/community-centers
- portland.gov/sunday-parkways
- portland.gov/parks/discount
- portland.gov/parks/search
- biketownpdx.com
- adaptivebiketown.com

Local Resources

Portland Parks and Recreation provides many activities and programs for residents of all ages through their [community centers](#). They also have income-based options for those that qualify through the [Access Discount Program](#). Activities include pool access and swim lessons, yoga classes, pilates, and more.

Portland Parks and Recreation Contact Information

CustomerServiceCenter@portlandoregon.gov

503-823-2525, Monday - Friday, 8:00 AM - 5:00 PM (closed 12:00 PM-1:00 PM)

Natural Areas

The following are local favorites within Portland city and Multnomah County limits that host natural habitats. The descriptions are taken from their corresponding government websites. To learn more about each park including hours, leash laws, and other user information, please visit the website for each park.

Forest Park is one of the nation's largest urban parks at 5,200 acres and provides critical refuge for hundreds of native wildlife and plant species and acts as an important air and water filter. With more than 80 miles of trails, it also provides invaluable access to nature, exercise, and educational opportunities for the region. The various trails provide recreation for different activity levels and supports hikers, walkers, runners, and bikers (on approved trails). Learn more about Forest Park at portland.gov/parks/forest-park.

Washington Park the crown jewel of Portland. This 410-acre park is home to the Oregon Zoo, World Forestry Center, Hoyt Arboretum, International Rose Test Garden, and the Portland Japanese Garden. Washington Park brings in 3.5 million visitors annually. Visit portland.gov/parks/washington-park to learn more.

Powell Butte is an extinct volcano, rising near the headwaters of Johnson Creek - an urban creek with remnant populations of native salmon and steelhead. The park comprises 611 acres of meadowland and forest. Miles of trails in the park accommodate hikers, mountain bikers, and horseback riders. Abundant wildlife populates the park, including rabbits, ring-necked pheasants, ground squirrels, raccoons, gray foxes, skunks, bats, chipmunks, coyotes, and black-tailed mule deer and many bird species including birds of prey. Learn more about Powell Butte at portland.gov/parks/powell-butte-nature-park.

Smith and Bybee Wetlands is a unique area surrounded by warehouses and port terminals in North Portland, Smith and Bybee Wetlands Natural Area and one of the region's best-kept secrets. You can explore one of America's largest urban wetlands. The habitat supports beavers, river otters, black-tailed deer, osprey, bald eagles and Western painted turtles. You'll also find a water control structure that is restoring this network of sloughs, wetlands and forests. Learn more about these wetlands at oregonmetro.gov/places/smith-and-bybee-wetlands-natural-area.

Mt. Tabor Park, while not a true natural area, was designed to resemble one. This large park was created on top of a volcanic cinder cone and hosts many native plants, two city reservoirs, short hiking trails, walking and biking paths, an amphitheater for performances, and a dog park. The park is largely blocked off from cars and provides a safe and beautiful space for walkers, bikers, and runners. Learn more about Mt. Tabor Park at portland.gov/parks/mt-tabor-park.

Community Centers offer low-cost and income-based memberships for residents and are a great alternative to “big box” gyms. These centers have weight rooms, pools, and various fitness classes. See highlighted community centers below. Visit portland.gov/parks/recreation/community-centers for the full list of centers.

Charles Jordan Community Center

9009 N Foss Avenue Portland, OR 97217

Community Music Center

3350 SE Francis Street Portland, OR 97202

East Portland Community Center

740 SE 106th Avenue Portland, OR 97216

Matt Dishman Community Center

77 NE Knott Street Portland, OR 97212

Peninsula Park Community Center

700 N Rosa Parks Way Portland, OR 97217

Run, Walk & Fitness Groups

Free, organized and community-based, these groups are for people who are interested in walking or running with others. The groups listed below are for all paces and include a walking option.

REACH Active Events are group walks or other events organized by the Multnomah County REACH (Racial and Ethnic Approaches to Community Health)

Program as part of the [Active People, Healthy Multnomah](#) initiative. The walks are hosted by our partners at [community health hubs](#). Each walking event has a group leader that is trained through the Walk With Ease program.

Northeast Health Center Group Walk | 5329 NE MLK Jr. Blvd. 97211
Mondays, 12:00 p.m. - 1:00 p.m. at the Meet in the first floor lobby.
Pre and post-natal yoga: 1st and 3rd Tuesday at 11:00 a.m.

Lloyd Center Group Walk | 2201 Lloyd Center 97232
Tuesdays, 1:00 p.m. - 2:00 p.m. at the Meet on level 1, far east end of the mall.

Cully Park Group Walk | 5810 NE 72nd Ave 97220
Saturdays, 1:00 p.m. - 2:00 p.m. Meet at the parking lot.

The Rosewood Initiative Group Walk | 14127 SE Stark St., Portland, OR 97233
Tuesdays, 1:00 p.m. - 2:00 p.m.

Portland Soo Bahk Do is a martial arts gym that serves BIPOC children and youth. The center was started by Charles Smith to bring therapeutic martial arts to Black youth. Portland Soo Bahk Do now serves over 80 youth through the Schools Uniting Neighborhoods (SUN) [community program](#). The gym specializes in Soo Bahk Do®, Hwang Kee's unique interpretation of a traditional martial art originating in Korea many centuries ago. Soo Bahk Do® is a harmony of body, mind, and spirit. Visit portlandsoobahkdo.com to learn more about this martial arts gym.

Steps in the City is “a walking-based community wellness and public health program rooted in cultural joy, movement, and storytelling.” The group hosts bi-weekly walks and allows participants to track their progress, provides mutual support while supporting BIPOC-owned and led businesses. Visit collectivedreamproject.org/stepsinthecity to learn more about this walk group.

Deadstock Run Club is a Black-led, inclusive running group in downtown Portland. One of the most diverse run groups in Portland, it's a great place for beginner

runners and also offers walk options. ***Deadstock is moving to a larger location in Chinatown and these walks are currently paused.***

Tuesdays, 7:00 PM at Deadstock Coffee in Chinatown. No RSVP necessary, just show up. Instagram: @deadstockrc

Portland Frontrunners is a nonprofit, 501(c)(3) organization and run-walk group for the LGBTQ community that meets on both the East and West Side of the river. Options include a 3 to 6-mile run or a 2.5-mile walk. See meeting times and locations below. All levels and paces are welcome. Visit pdxfrontrunners.com/events to learn about upcoming events.

Tuesdays at 6:00 PM; Meet at the South entrance of Duniway Track 2815 SW Barbur Blvd, Portland, OR 9720 near the restrooms. The run options are 5 or 6 miles up and back on the Marquam Area trails. (See more trail options on Strava app.) The shorter run/walk is 2.5 miles or your desired distance and is self-paced.

Saturday 9:00 AM; Run & Walk. The run options are 4, 5, or 6 miles; the shorter run/walk is 2.5 miles. Meet on the Eastbank Esplanade, by the Vera Katz Statue, where Main Street ends at the river.

Sunday Trail Series 10:00 AM; in Forest Park. Meet on the bridge where NW Gordon Street turns into NW Alexandra Avenue.

The W(h)ealthy is an organization “committed to transforming lives through community, connection, and conscious living.” They host curated events focused on nutrition, movement, music, and culture. The W(h)ealthy hosts a free, group walk every Saturday at different locations. Check their instagram @thewealthy_pdx for upcoming events or use their contact form at thewealthypdx.com.

Biking Resources

BIKETOWN is “an easy, affordable, and super-fun way to get around. Just hop on one of our ebikes or scooters and be on your way.” Download the Lyft app and use your phone to unlock ebikes at various locations around Portland. Learn more at biketownpdx.com.

BIKETOWN For All Reduced Membership offers low to no-cost memberships for e-bikes. Oregon Trail cardholders, TriMet Low Income Fare participants, residents in affordable housing, residents who qualify for utility assistance, or those who receive other social services, may be eligible for the BIKETOWN for All program. If you don't have a smartphone, email biketownforall@lyft.com to provide a shipping address to receive your BIKETOWN card to unlock bikes!

Adaptive BIKETOWN is Portland's adaptive bike rental program. The program's goal is to increase access to cycling for people with disabilities. Sign up through the BIKETOWN For All program. Visit adaptivebiketown.com for more information.

Open Thurs-Mon 11am-5pm at Kerr Bikes/Adaptive BIKETOWN, 1945 SE Water Ave Building B, Portland, OR 97214. Contact: Phone: (503) 802-5271

Friends on Bikes is a social cycling crew for Black, Indigenous, and people of color who are women, trans, and/or non-binary in the Pacific Northwest. FOB organizes community biking events, workshops, and other outdoor activities. Visit friendsonbikes.com for more information.

Contact

Instagram: [friends.on.bikes](https://www.instagram.com/friends.on.bikes)

friendsonbikes@gmail.com

Annual Community Events

Pedalpalooza welcomes you to the “annual bike fun fest with hundreds of rides. The fest began in 2002 when the traveling Bike Summer stopped in Portland. Locals loved it so much, they did it again in 2003 and called it “Mini Bike Summer.” Then in 2004 the named changed to Pedalpalooza. In 2024, the organizer chose

to drop that moniker and refresh back to Bike Summer.” Learn more at bikeportland.org/tag/pedalpalooza.

Spring Events

Biamp Portland Jazz Festival “is a multi-venue, citywide celebration of sound and culture presented throughout Portland, Oregon. Dedicated to evolving out loud, the Festival honors America’s art form while embracing its future—bringing together legendary masters, boundary-breaking artists, and rising local talents who are redefining jazz and expanding its reach across genres and generations.” Learn more at pdxjazz.org/lineup.

Summer Events

Portland Sunday Parkways is a series of free events promoting “healthy active living” by opening the city's largest public space - its streets - to walk, bike, roll, and discover active transportation. The program is run by the Portland Bureau of Transportation (PBOT). New routes are used for pedestrians to explore different parts of the city in a car-free environment. For more information, visit portland.gov/sunday-parkways.

Soul Stroll is a community walk fundraiser to “promote health awareness within the Black community.” The event supports the [Miracles Club](https://miraclesclub.org) organization which aims to “promote wellness” through “health education, advocacy, and culturally specific wellness initiatives.” The fundraiser costs \$20 to participate (per person, t-shirt included). Visit miraclesclub.org/soul-stroll for more information.

“In My Shoes” 5K is a free community walk hosted by Word Is Bond organization. This walk supports the mission to “empower young Black men, ages 15 to 19” across Multnomah, Washington and Clackamas counties. This walk is free and takes place at 1661 N Wheeler Ave. Visit mywordisbond.org for more information.

Mississippi Street Fair is an iconic festival in a Black Historic Neighborhood of Portland celebrating art and music. Mississippi Street closes down to a

pedestrian-friendly stroll featuring musicians, artists, jewelry makers, clothing vendors, food vendors and more. Learn more at mississippiave.org/streetfair.

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CullyFest is a family-friendly community celebration for the [Cully neighborhood](https://cullyneighbors.org) organized by residents and admirers. Participants can enjoy free meals, murals, and free entertainment. CullyFest also welcomes volunteers and sponsorships. Visit cullyneighbors.org or cullyneighbors.org/cullyfest for full details.

Good in the Hood Multicultural Music & Food Festival (GITH) “is a nonprofit organization founded in 1990 by the parents and staff of Holy Redeemer Catholic School to celebrate diversity and raise funds in support of local education. What began as a neighborhood block party has grown into a beloved community tradition dedicated to our motto: “Keeping Unity in the Community.” This incredible festival “unites communities through the transformative power of music, food, and culture.” Learn more at goodnthehood.org.

Fall Events

MLK Dream Run is a running event (with walk options) hosted by the Soul Business District Association to support their community programs. The MLK Dream Run is an annual fundraiser that supports two programs: Small Business Training Program and Our Youth Entrepreneurship Program (ages 16 -24). Participants can run 5, 10 or 15K and the kids race is free. The event takes place in September and prices vary by distance. Visit mlkdreamrun.com for full details.

Winter Events

Portland Winter Light Festival is a free, annual event typically held in January or February that includes light installations and performances, music, and more. The installations are scattered around various locations in downtown Portland. Pioneer Square, Director’s Park and the World Trade Center are past locations. The light installations are free to observe and it’s a great way to explore downtown Portland. Visit pdxwlf.com to learn more about the Portland Winter Light Festival.