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HOUSE RESOLUTION NO. 225
Offered March 3, 2026

Commending *We Off the Couch*.

Patrons—Cousins, Carr, Cole, N.T., Keys-Gamarra, Maldonado and Schmidt

WHEREAS, We Off the Couch, based in Richmond, is a nonprofit community organization that was founded in 2019 to advance health equity goals through running and fitness programs; and

WHEREAS, We Off the Couch was established after founder Anthony Clary, Sr., experienced a transformative health journey, using running to overcome a pre-diabetic diagnosis and lose 100 pounds, inspiring him to share the life-changing benefits of physical fitness with his community; and

WHEREAS, as a Black-led nonprofit organization, We Off the Couch removes barriers to access and provides inclusive programming to foster physical and mental well-being across all age groups; and

WHEREAS, We Off the Couch has grown from two runners to more than 1,200 members in the Richmond community who gather three times weekly—on Monday evenings for She Off The Couch, a ladies-only run, Wednesday evenings for Extras Run, and Saturday mornings for community runs—creating a welcoming environment where “all paces are welcome” and “no one is ever left behind”; and

WHEREAS, We Off the Couch serves as a vital community anchor that brings together runners of many ages, races, fitness levels, and socioeconomic backgrounds, embodying the organization's motto “Your pace, your race”; and

WHEREAS, We Off the Couch has become a powerful force for positive change in Richmond, particularly during the social unrest and COVID-19 pandemic in 2020, providing a safe space for community members to gather, move, and support one another during challenging times; and

WHEREAS, We Off the Couch recently established Kids off the Couch, which offers weekly afterschool programming at Fairfield Court Elementary School that provides coaching and support around physical and mental health, creating an important point of contact between families and the school; and

WHEREAS, We Off the Couch addresses systemic health disparities and barriers in predominantly Black and underserved neighborhoods by promoting access to fitness, wellness education, and safe community spaces, with a mission to break down barriers that keep individuals from accessing nutritious food, healthy movement, and community gathering places; and

WHEREAS, We Off the Couch has provided training and financial support for more than 500 individuals to run races in Richmond and other cities in the region; and

WHEREAS, in recognition of its impactful work, We Off the Couch received funding from the Richmond Health Equity Fund in 2025 and The Robins Foundation to expand its programs and continue addressing health disparities in the community; and

WHEREAS, We Off the Couch has partnered with numerous local events, including serving as a community partner for the Run Richmond 16.19 race commemorating Black history, and establishing vibrant, award-winning cheer stations at major Richmond running events; and

WHEREAS, through its inclusive approach to fitness and community building, We Off the Couch has demonstrated that wellness extends beyond physical health to encompass mental health, emotional support, and the creation of lasting bonds among community members; now, therefore, be it

RESOLVED by the House of Delegates, That We Off the Couch hereby be commended for its outstanding dedication to promoting health, wellness, and community unity throughout the Richmond region; and, be it

RESOLVED FURTHER, That the Clerk of the House of Delegates prepare a copy of this resolution for presentation to Anthony Clary, Sr., and the We Off the Couch community as an expression of the House of Delegates' admiration for the organization's commitment to building a healthier, more connected Richmond community.