



## JOIN THE PARKRUN FAMILY

WALK, JOG, RUN, VOLUNTEER

or simply come and watch - it's up to you!

### FRIENDLY, ENJOYABLE 5K EVENTS

Every Saturday morning

### FUN FOR ALL THE FAMILY

Buggies and dogs welcome

### IMPROVE HEALTH &

**FITNESS** Be active in the open air

### DEVELOP NEW SKILLS

Opportunities to volunteer

### 2K JUNIOR PARKRUNS For

children every Sunday morning

### FREE & EASY TO TAKE PART

No need for special equipment or clothing

### BE PART OF A COMMUNITY

Make new friends & socialise

### BUILD CONFIDENCE

Track progress & achieve new goals

*"I love making new friends and being with people who are encouraging each other. I had no idea that it would change my life in so many positive ways."*

*Alison Mead*

Register at [parkrun.com](https://www.parkrun.com)  
and head down to your local event!