



1104-3408 Crowley Drive  
Vancouver  
V5R 6C3

Dear Sir/ Madam,

**Ref: Application to the City of Burnaby Executive Committee of Council for grant to start two parkrun events in Deer Lake and Burnaby Lake.**

**Amount Requested: \$8,000 for 1 year.**

I represent a non-for-profit running organisation called parkrun that promotes building communities through running and volunteering. We provide free weekly 5km runs around city parks and currently have over 550 events attracting over 100,000 runners attending every Saturday around the World. We are in the process of bringing parkrun to Canada and we are very excited to have two of the first parkruns in this country coming to Burnaby.

parkruns (always one word in lower case) are not considered races. parkrun events are free, weekly, timed 5km runs on Saturdays. Open to all, the nicest definition we've heard is 'those runs where you make friends'.

We believe Burnaby is the perfect place to start parkrun in Canada due to it's beautiful parks and accessibility. parkrun will provide a valuable service to it's local residents as well as draw in participants from nearby neighbourhoods. From experience from other parkruns, general activity levels among local residents will increase as well as usage of parks. Also as parkrun is internationally recognized, a percentage of participants will be tourists coming from around the world.

Research<sup>[1]</sup> has been undertaken to show the full benefits of having a parkrun to the local community, these are:

- Increased participation in running from non-runners
- Increased activity in volunteering
- Increased fitness of local community
- Greater self-esteem in participants<sup>[2]</sup>
- Increased use of city parks
- Designed to be super easy to access – just turn up and run, only need for a once-in-a-lifetime registration
- Likely to be cost-effective community-based intervention for improving public health.

## **Funding Breakdown**

At this stage we are looking for start-up funds. For each new parkrun, four thousand dollars are required to have everything in place. The four thousand dollars required is broken down in the following way:

• Laptop for registering and interaction	\$800
• Timing equipment	\$300
• Course Marking	\$100
• Funnel Equipment	\$100
• parkrun feather Flag	\$400
• Online Promotion	\$200
• Event Permits	\$500
• Course Certification	\$500
• Website and IT services	\$800
• Public Liability Insurance	\$300
Total: <b>\$4000 per event</b>	

## **Volunteering Opportunities**

parkrun presents a fantastic and easy to access opportunity for local residents to volunteer. Volunteers are required every week and there are huge varieties of roles on offer:

- Timer operators and Course Marshalls
- Photographers
- Registration
- Event Directing
- Course Marking
- Public Speaking (announcing to the runners)
- Website and social media management.

Volunteers are free to choose whichever role they like, and will not be forced to do anything that they do not want to do. It is very rewarding for a volunteer to start with simple roles familiarising themselves with the event before working their way towards roles that require more responsibility.

For youth volunteers in particular, it encourages a sense of responsibility. Where else can a youth experience more leadership than organising a running event?

## **Communities**

parkrun believes in building communities and despite parkrun's growth around the world, it is still regarded as those runs 'where you make friends'. Each community gets behind their parkrun and welcome new runners and foster on-going friendship. At the end of each parkrun, runners and volunteers are encouraged to go to a local coffee spot to share stories and discuss their experiences.

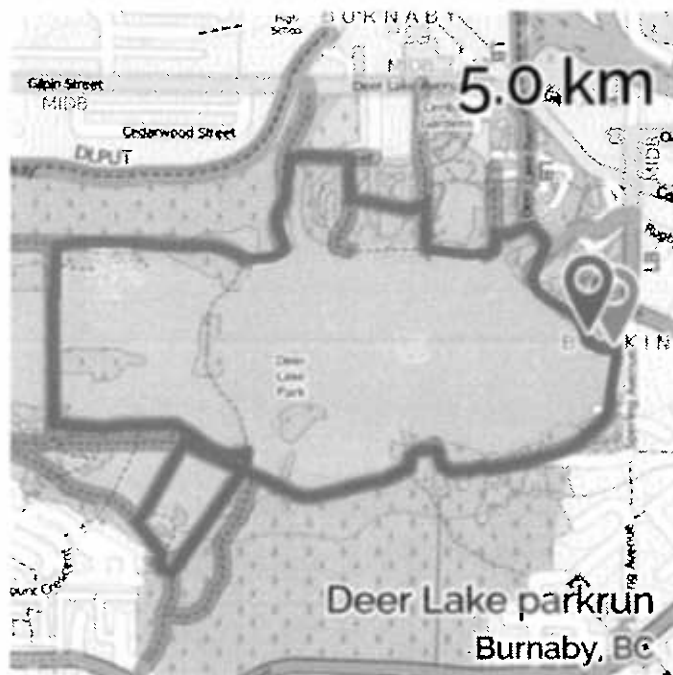
## Locations

In Burnaby we are planning to hold two parkruns, one in Deer Lake, and the other in Burnaby Lake. The following maps indicate the routes earmarked:

Burnaby Lake parkrun



Deer Lake parkrun



We hope that you share our passion for what we are working to achieve and will consider our request for grant assistance. Should you have any queries then please do not hesitate to contact me.

Yours faithfully,



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parkrun Canada Activator  
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## References

[1]: "Exploring the public health potential of a mass community participation event" Journal of Public Health, Vol 36. No.2 pp-268-274  
<http://jpubhealth.oxfordjournals.org/content/36/2/268.full.pdf?keytype=ref&ijkey=SNORR9uZcgUPWXg>

[2]: "Health Benefits of parkrun stretch well beyond the physical" Reuters, September 2014, <http://uk.reuters.com/article/2014/09/26/uk-parkrun-health-idUKKCN0HL06M20140926>