



parkrun Canada  
9-243 East 15<sup>th</sup> Avenue  
Vancouver, BC  
V5T 2P8

Burnaby Executive  
4949 Canada Way  
Burnaby, BC  
V5G 1M2

Dear Sir/ Madam,

I'd like to submit a delegation request for your Executive Committee meeting on February 16<sup>th</sup>.

We'd like Burnaby to be a healthier, happier place, and our aim is to do just that. I represent a non-for-profit organization that has a global track record of doing this in other areas around the world. With your help we will get thousands of Burnaby residents out being more active physically and interacting with their community.

parkrun (always one word and lowercase), is a free, weekly, 5km timed run and community event that is open to everyone. We have shown that mass participation events makes exercise more enjoyable and we'd like to lower the barriers for everyone to access that. We have been around since 2004, and what started as a way for one person to make friends, has grown to a global phenomenon that has over 1,000 events worldwide with over 200,000 people taking part every week.

Volunteering is at the heart of what we do. Every parkrun is completely organized by volunteers, and we have shown that contributing ones time leads to a healthier mental wellbeing than taking part in the runs. For a volunteer to give time, it gives the volunteer a sense of pride and ownership in an event that changes thousands of lives for the better.

In addition to these parkrun offers the following benefits to Burnaby:

- Increase in participation levels in exercise and volunteering
- More international tourism to the area
- Increased prominent profile of park (Deer Lake is proposed venue)
- Greater sense of wellbeing in our runners and walkers extends to their family and friends.

The Burnaby Executive can help by considering us in the 2017 round of grants. To get a parkrun up and running, we seek 50% of the costs for us to start a parkrun. \$5000 is the amount that



we seek from Burnaby Executive to establish Deer Lake parkrun, and pays for equipment, insurance, software, signage and registration items.

I have included a PDF that explains in more detail what we do, as well as a breakdown of budget of how the funds are allocated.

I look forward to meeting with you and discussing how parkrun can benefit the local community.

Yours faithfully,

A handwritten signature in black ink, appearing to read "Euan", with a long horizontal line extending to the right.

**Euan Bowman**

parkrun Canada Country Manager

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