



parkrun

How does it work?

Our aim is simple: to create a healthier and happier planet. We believe we can do this by breaking down barriers to participation and making regular physical activity free, fun and sociable.

parkrun is one of the biggest provider of free physical activity in the world with around 150,000 people taking part every weekend. parkruns are free, timed, 5k events that take place every weekend in more than 900 parks and open spaces throughout the world and is made possible thanks to over 15,000 weekly volunteers. Participants walk, jog or run, as well as volunteer.

It is completely free to register for parkrun and you only have to do this once. Events take place every weekend and you are welcome to come along as often as you wish! People of all ages and abilities take part and you don't need any specialist equipment or clothing - just come along and have fun.

parkrun is all about getting people active, whether you run, jog, walk or volunteer. You can also bring a dog on a short lead or push a buggy. Instead of receiving prizes for "winning", parkrunners are rewarded for attendance. Milestone t-shirts are awarded after 50, 100, 250 and 500 parkruns, and after 25 instances of volunteering.



Why parkrun?

There are numerous health benefits of taking part in parkrun, either as a participant or as a volunteer.

Every week you get to:



IMPROVE YOUR FITNESS
by walking or running 5k



BECOME HAPPIER
by having the support of
the community who will
cheer and congratulate you,
whatever your time



**ENHANCE YOUR HEALTH
AND WELLBEING**
by spending time outdoors in
natural surroundings



**MAKE NEW FRIENDS AND
SOCIALISE**
with other people of all ages
and backgrounds



**GET THE FEELGOOD
FACTOR**
from volunteering and
contributing to your
community



What makes parkrun so special is the communities it creates, the stories that emerge and the friendships that are made.

We have great ambitions for Canada with the aim of providing a parkrun in every community that wants one. From Victoria to Halifax, we aim to get Canadians young and old out interacting in their community, becoming fitter and healthier.

**To find your nearest parkrun, go
to [parkrun.com](https://www.parkrun.com)**



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#loveparkrun