



## 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

Dogs and prams can take part

### IMPROVE HEALTH & FITNESS

Be active in the open air

### DEVELOP NEW SKILLS

Opportunities to volunteer

### FREE & EASY TO TAKE PART

No need for special equipment or clothing

### YOU DON'T HAVE TO RUN

Walkers are always welcome

### BE PART OF A COMMUNITY

Make new friends and socialise

### BUILD CONFIDENCE

Track progress and achieve new goals

#### notes:

Yodogawa Kasen Koen Hirakata Chiku parkrun  
<https://www.parkrun.jp/yodogawakasenkoenhirakatachiku/>



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



**Please pay attention to the pre-run briefing**

# THE **PARKRUN** CODE

#loveparkrun



**Under 11s always within arm's reach of a parent or guardian**



**Respect everyone's right to participate in their own way**



**One dog on a short lead per person**



**Be mindful of your local environment and other park users**



**No barcode, no time, no exception**



**Have fun, it's only a walk, jog or run!**



**Thank the amazing volunteers!**

**parkrun**  
IN PARTNERSHIP WITH

**SUMITOMO LIFE**  
*Vitality*

[www.parkrun.jp](http://www.parkrun.jp)