

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** and head down to your local event!



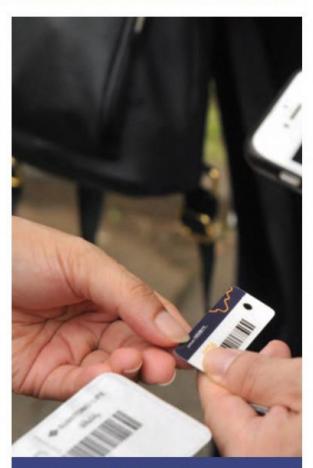
Please pay attention to the pre-run briefing



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



Be mindful of your local environment and other park users



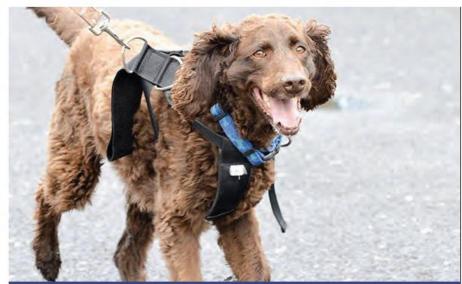
No barcode, no time, no exception

THE PARKRUN CODE

#loveparkrun



Respect everyone's right to participate in their own way



One dog on a short lead per person



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



Thank the amazing volunteers!



SUMITOMO LIFE
Vitality