



JOIN THE PARKRUN MOVEMENT

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

Strollers and dogs 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 & socialize

BUILD CONFIDENCE

Track progress & achieve goals



An effort is underway to start a parkrun event in North Bend.
Scan this QR code to learn more, or email
cathryn.burby@parkrun.com for more information.