



## 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

Prams 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

Volunteering is a great way to get involved

### BE PART OF A COMMUNITY

Make new friends and socialise

### BUILD CONFIDENCE

Track progress and achieve new goals

Register at [parkrun.co.nz](https://parkrun.co.nz)

#### notes:

**Event launch: Saturday 24 August at 8am**  
weekly Saturdays @ 8am at Morrinsville Recreation grounds  
meet by the tennis courts off Cureton St