





Get fit for FUN!



Every
Saturday

Free, weekly, 5km timed run/walk for all ages and abilities.

Start/Finish:

-  **STEP 1** Register for **FREE** at www.parkrun.com.au/register
-  **STEP 2** Print out your unique barcode
-  **STEP 3** Turn up with your barcode, run or walk and have fun!

Don't want to run or walk?
Why not help others by volunteering?