



## JOIN THE JUNIOR PARKRUN FAMILY

**WALK, JOG, RUN, VOLUNTEER**

or simply come and watch - it's up to you!

### FAMILY-FRIENDLY 2K EVENTS

Every Sunday morning

### EVERYONE WELCOME

Walk, jog, run, hop, skip or jump - it's up to you!

### HAVE FUN BEING ACTIVE

Share high fives and big smiles!

### LEARN NEW SKILLS

Kids can volunteer in lots of roles

### FOR 4-14 YEAR OLDS

Adults can join in with the kids too!

### FREE & EASY TO TAKE PART

No special kit needed - wear whatever you like

### MAKE FRIENDS

Meet lots of new people

### FEEL HAPPY AND PROUD

Try your best and celebrate your achievements

*"We all do it together as a family. The volunteers are really nice, it's fun and you can walk if you want to!"*

Register at [parkrun.com](http://parkrun.com)

and head down to your local junior parkrun event!

### notes:

**Birchwood junior parkrun at Birchwood Leisure Centre, Hatfield, Herts AL10 0AN  
Sundays at 9am**