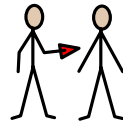
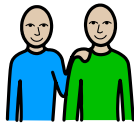
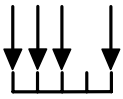




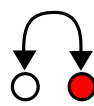
parkrun



parkrun is good fun.



Lots of friendly people will clap for you.



At parkrun you can run or walk.



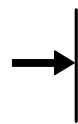
At parkrun you can take as long as you like.



123



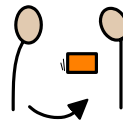
Your name and parkrun number are printed on your barcode.



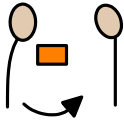
Please bring your barcode to parkrun.



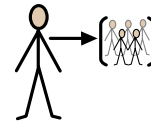
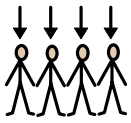
www.parkrun.org.uk



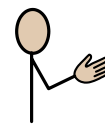
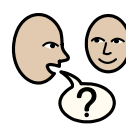
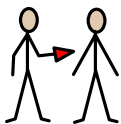
At the finish line you will receive a token.



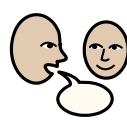
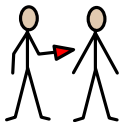
Give your token and your barcode to a volunteer.



Everyone feels happy and pleased to have taken part.



If you have a question, please ask a volunteer.



If you are worried, please talk to a volunteer.



You can also volunteer to help at parkrun.



Volunteers are important.