

Get fit for FREE!

parkrun



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

Start/Finish: South end of Old base Road, Bannockburn

Official Launch date: October 14th 8am

- 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?

www.parkrun.com.au

