

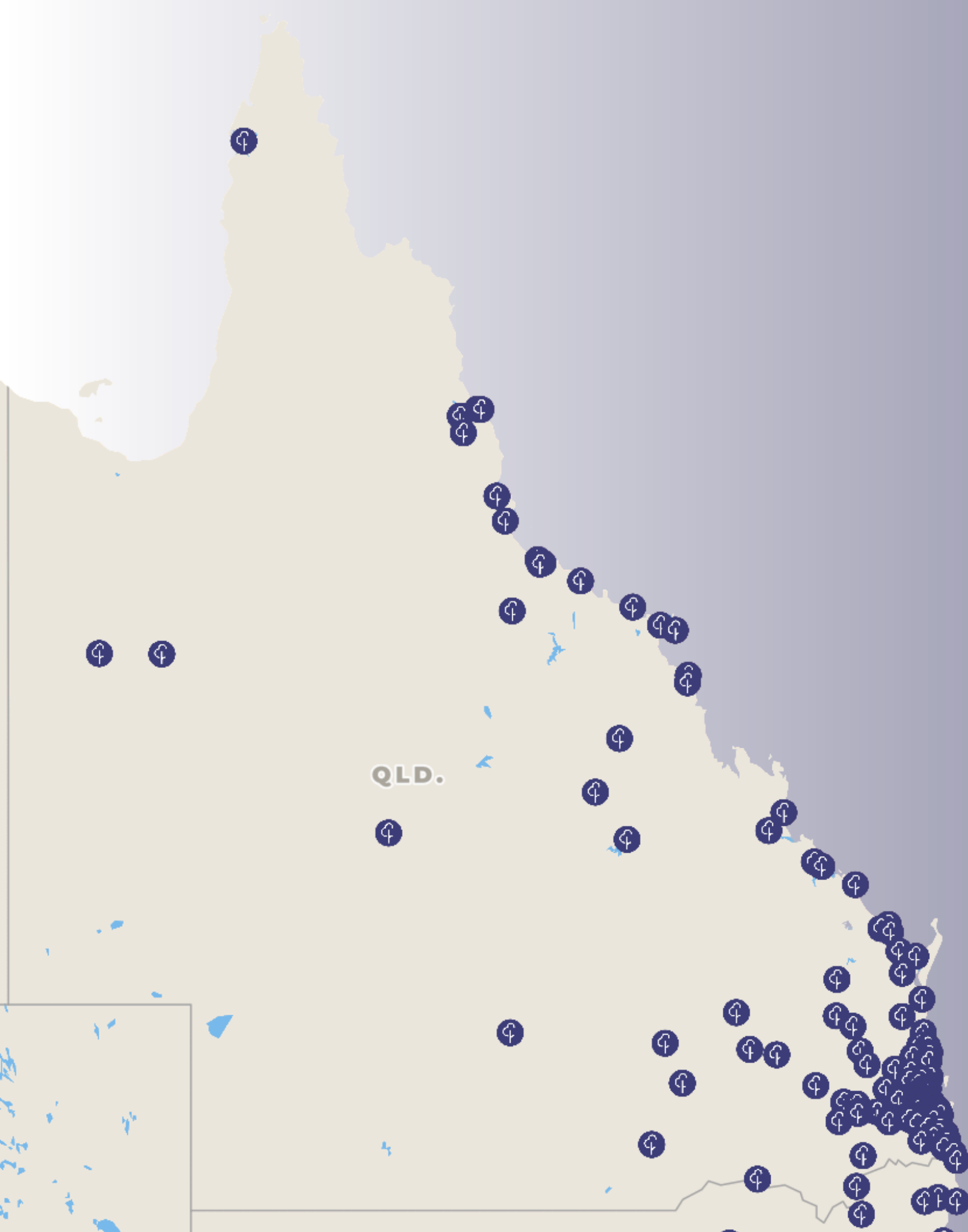




**parkruns are free 5km events  
every Saturday at 7am**



**There are  
more than  
130 parkrun  
locations  
around  
Queensland**







**There are many  
ways you can  
take part!**





# Walking







# Running







# Volunteering







# Supporting and socialising











**Everyone is  
welcome!**





**There is  
no time limit**





**Anyone is  
welcome to  
volunteer**





**Noone ever  
comes last  
thanks to the  
volunteer  
tail walkers!**





**Take part with your family**







**Take part with your dog**







**Take part with your friends**

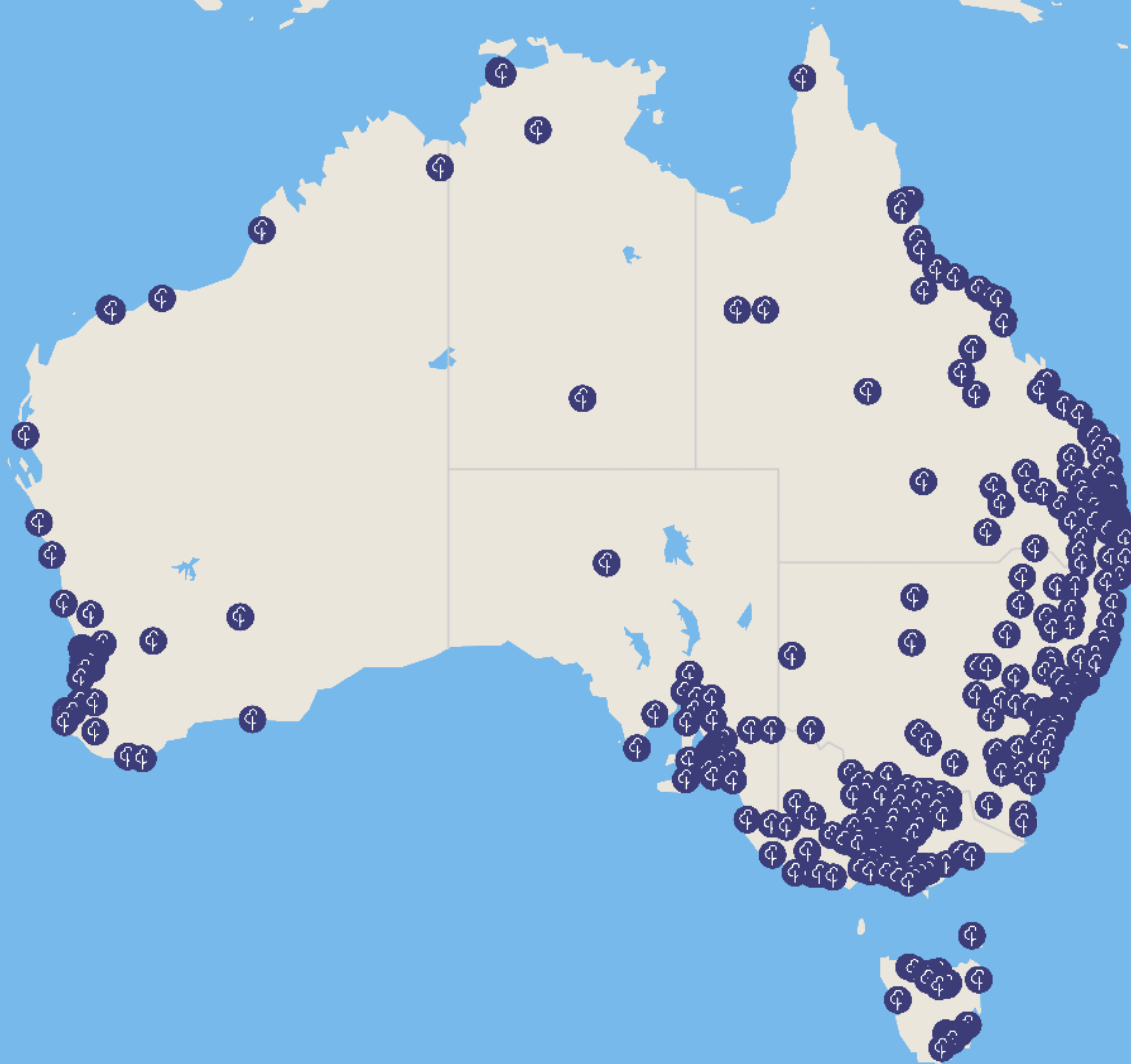




**Under 11s can take part with a responsible adult**







**Find your  
nearest  
parkrun**







If you need help, please click [here](#)

First Name

Last Name

Home parkrun

Please select an item from the list

Gender

☒ Female

☐ Male

☐ Another gender identity

☐ Prefer not to say

Age

**Register  
for free at  
[www.parkrun.com.au](http://www.parkrun.com.au)**







**parkrun is free  
for everyone  
forever**



