



SLADES JUNIOR PARKRUN.

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

FOR 4-14 YEAR OLDS

Adults can join in with the kids too!

EVERYONE WELCOME

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

FREE & EASY TO TAKE PART

No special kit needed - wear whatever you like

HAVE FUN BEING ACTIVE

Share high fives and big smiles!

MAKE FRIENDS

Meet lots of new people

LEARN NEW SKILLS

Kids can volunteer in lots of roles

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](https://www.parkrun.com)

and head down to your local junior parkrun event!

notes:

**MEET BY THE CAFE AT
8:50AM EVERY SUNDAY**

**PARKRUN STARTS
AT 9AM**