

# Parkrun - A place for everyone

By COLIN WHITE



**D**o you enjoy walking, jogging or running? Are you looking for motivation to get/keep active at your own pace?

Parkruns are free, weekly, community events taking place all around the country. Bring a family member or friend. They also offer an opportunity to make friends there.

Saturday morning events are 5km and take place in parks and open spaces. On Sunday mornings, there are 2km junior parkruns for children aged four to 14.



The Parkrun movement is a positive, welcoming and inclusive experience where there is no time limit and no one finishes last. Everyone is welcome to come along, whether you walk, jog, run, volunteer or spectate.

Registration is completely free and only needs to be done once,



whether you intend to walk, jog, run, volunteer, or do a combination of all these things! Simply complete the registration form, ([www.parkrun.ie/register](http://www.parkrun.ie/register)), print your barcode, and head down to your local event.

With 134 events around the country to choose from, there should be one near you! Check out the Parkrun map on [www.parkrun.ie/events](http://www.parkrun.ie/events). Once you are registered you can get involved in ANY Parkrun anywhere in the world – all you have to do is bring your barcode. With more than 2,000 locations spread across 23 countries, there's no excuse to miss out even when you are travelling outside of Ireland!

There are so many reasons to take part! Whether you walk, jog, run, volunteer or spectate, you can learn new skills and enhance your health

and happiness in the great outdoors whilst making new friends, feeling part of your local community and improving your fitness and overall wellbeing.

You may also like to look at [www.sanctuaryrunners.ie](http://www.sanctuaryrunners.ie). According to their website, "at latest count we have 30 groups and over 4,000 members. Also we work with the Parkrun movement and our Sanctuary Runners can be found at 5k runs every Saturday morning where we also volunteer. And through it all our core values maintain – Solidarity, Friendship and Respect. Our aim now is to expand across Ireland but also to grow our movement internationally."

If you would like to share your Parkrun experiences and a photo (optional) in the next magazine, please email your write up and some photos to [Colin@ika.ie](mailto:Colin@ika.ie)