



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

EVERYONE WELCOME

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

HAVE FUN BEING ACTIVE

Share high fives and big smiles!

LEARN NEW SKILLS

Kids can volunteer in lots of roles

FOR 4-14 YEAR OLDS

Adults can join in with the kids too!

FREE & EASY TO TAKE PART

No special kit needed - wear whatever you like

MAKE FRIENDS

Meet lots of new people

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:

St Albans route launch:
9am Sunday 6th January 2019
Verulamium Park