



## JOIN THE PARKRUN FAMILY

**WALK, JOG, RUN, VOLUNTEER**

or simply come and watch - it's up to you!

**Join us every Saturday 7.50am  
under  
the Joy Baluch Bridge**

Don't forget your barcode

### FRIENDLY, ENJOYABLE 5K EVENTS

Every Saturday morning

### FREE & EASY TO TAKE PART

No need for special equipment or clothing

### FUN FOR ALL THE FAMILY

Prams and dogs can take part

### YOU DON'T HAVE TO RUN

Walkers are always welcome

### IMPROVE HEALTH & FITNESS

Be active in the open air

### BE PART OF A COMMUNITY

Make new friends and socialise

### DEVELOP NEW SKILLS

Opportunities to volunteer

### BUILD CONFIDENCE

Track progress and achieve new goals

Register at [parkrun.com.au](http://parkrun.com.au)

[www.facebook.com/portaugustaparkrun/](http://www.facebook.com/portaugustaparkrun/)