

# 05 | PARKRUN



**Parkrun is a free weekly timed 5-kilometer run that takes place in parks and open spaces around the world. It was founded in 2004 in the UK and has since grown into a global movement with events in more than 20 countries.**

## 1 THE BENEFITS OF PARKRUN

Firstly, it provides an opportunity for people to be physically active in a supportive and inclusive environment. It's a great way to meet new people and make friends, and it can be particularly beneficial for people who are looking for a way to get fit but don't want to do it alone. Parkrun is also a great way to improve mental health. Exercise has been shown to reduce stress and anxiety, and participating in parkrun can provide a sense of accomplishment and boost self-esteem.

## 3

### GREAT AS A COUCH TO 5K FOLLOW ON

Parkrun is a great way to maintain your running strength if you are new to running and have completed a couch-to-5k programme. By participating in parkrun regularly you can develop a habit of regular exercise that can have long-term benefits for your health and wellbeing whilst only using a small part of your weekend!

## 2

### IT'S A COMMUNITY THING

Parkrun promotes community spirit and social cohesion. People of all ages, abilities, and backgrounds come together to run, walk, or volunteer. This creates a sense of belonging and shared purpose that can have a positive impact on mental health and wellbeing. Our club members regularly take part in the local Parkruns and you won't be short of friends if you attend.

## 4

### THERE ARE LOTS OF LOCAL PARKRUNS

There are currently 1,245 parkrun events around the country taking place every weekend, with more locations being added all of the time. More details can be found at the Parkrun website including those of our local Parkrun events in Coventry, Leamington Spa, Stratford-Upon-Avon and Warwick