



Have you heard of parkrun?

It's a free weekly timed 5k event where you can walk, jog, run or volunteer.

It takes place every Saturday at 9am.

It's simple to sign up – see website for details.

Are you aware of the benefits of regular exercise?

Are you a regular user of the meadows between 08:30am and 10:30am  
on a Saturday morning?

Would you object to parkrun coming to Footscray Meadows? If yes, why?

Would you be interested in getting involved in its development here in the Meadows?

parkrun volunteers will be walking the meadows at 9am on the 9<sup>th</sup> December, please feel  
free to ask any questions you may have.

We will also be setting up near 5 Arches on the 16<sup>th</sup> December at 11am to hand out leaflets  
and to answer any questions you may have.

You are welcome to share your comments and/or concerns here

[bexleyoffice@parkrun.com](mailto:bexleyoffice@parkrun.com)

[www.parkrun.org.uk](http://www.parkrun.org.uk)

