



# 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](http://parkrun.com)  
and head down to your local junior parkrun event:

**RUTLAND WATER JUNIOR PARKRUN - EVERY SUNDAY AT 9AM**

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

Meet close to Normanton Church, South Shore, Rutland Water