



parkrun australia

Free, Weekly, 5km Timed Runs

Albert Park Lake, Melbourne | Walk, Jog or Run
Every Saturday at 8:00am starting November 19

parkrun Australia - Free, Weekly, 5km Timed Runs

What is parkrun Australia?

It is a 5km timed run, jog or walk, open to all abilities. Whether you are interested in taking part as an established runner, wannabe runner or simply to improve your health and fitness, then parkrun is for you.

When and where is it?

Every Saturday morning at 8am, Coot Picnic Area, Albert Park Lake.

What does it cost to join in?

No cost and no catches - it's FREE.

All we ask is that you register in advance by visiting:

www.parkrun.com.au/register

You can also get lots of other information about the event at: www.parkrun.com.au or like 'Melbourne parkrun' on Facebook

Do I have to be a runner?

No, you can take part at your own level and pace, whether you plan to jog, run or walk - just come along and enjoy!

parkrun Australia needs you!

parkrun events are organised by volunteers and we are always seeking local people to join us. We make it very easy for anyone to take part as a helper. If you would like to volunteer please contact australiaoffice@parkrun.com to help.

Post-run social!

We always love to have you join your fellow runners for some well earned post-parkrun refreshment and a chat.

