



JOIN THE PARKRUN MOVEMENT

WALK, JOG, RUN, VOLUNTEER

FRIENDLY, ENJOYABLE 5K EVENTS

Every Saturday morning

FUN FOR ALL THE FAMILY

Strollers and dogs can take part

BUILD CONFIDENCE

Track progress & achieve goals

FREE & EASY TO TAKE PART

No need for special equipment

YOU DON'T HAVE TO RUN

Walkers are always welcome

BE PART OF A COMMUNITY

Make new friends & socialize

After March 8, 2019, register once online at parkrun.ca and head down to your local event:

Henderson Lake Park, Lethbridge
Every Saturday at 9am, launching March 30th

Post run coffee at Crazy Cakes, 1102 5th Ave S

#loveparkrun

parkrun is organized and operated entirely by volunteers, and is supported by



CITY OF
Lethbridge