



Welcome to parkrun!

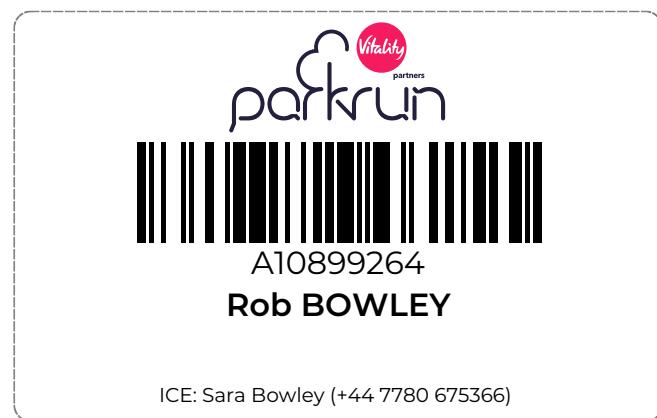
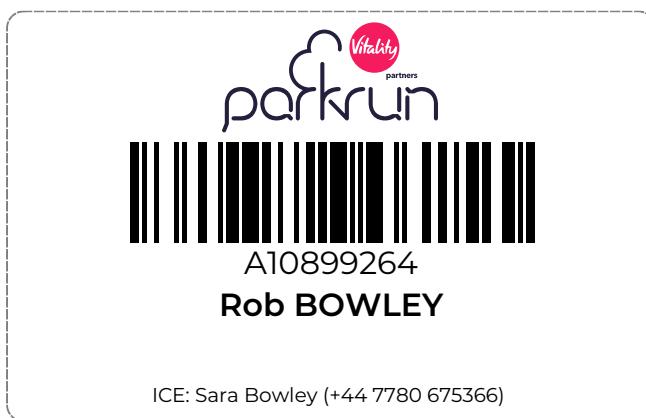
Here is your unique parkrun barcode (and a spare!) which is used to keep a record of your parkrun journey. It is yours to keep. Please print this page as it's displayed (do not resize the barcodes and do not cut inside the dotted outline) and you're good to go.

At parkrun:

- If you're walking, jogging or running, you'll need to show your barcode once you finish.
- If you're volunteering, you do not need to take your barcode to the event. However, if you are carrying out the roles of Tail Walker, parkwalker, Pacer or VI Guide and would like to record a finish time please bring your barcode.
- You can use the same barcode at any event you visit worldwide – you never need to register again.
- Don't forget to hand the plastic position token (given to you as you complete the event) back to the volunteers.

Remember you can walk, jog, run or volunteer at parkrun and no one finishes last. You can also just go along to watch and soak up the feel good atmosphere.

We hope you have a great time and we can't wait to see you!



If you have any questions, please visit our support site at support.parkrun.com