


# Get fit for FREE!



Every  
Saturday

Free, weekly, 5km timed run/walk for all ages and abilities.

**Start/Finish:**

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STEP  
1

Register for **FREE** at [www.parkrun.com.au/register](http://www.parkrun.com.au/register)

STEP  
2

Print out your unique barcode

STEP  
3

Turn up with your barcode, run or walk and have fun!

Don't want to run or walk?  
Why not help others by volunteering?