

**What is it:**

Southport parkrun is a timed, 5Km (3.1miles) run around Hesketh Park. It takes place at 9am on every Saturday throughout the year. The course is tarmac paths.

Do I have to run?

No, many people do but we welcome walkers and those who want to do a mixture of walking and jogging too. If you can't run or walk, why not join our local parkrun community as a volunteer? Everyone is welcome and we work hard to be as inclusive as possible.

Does it cost anything?

No. parkrun is free. Parkrun UK is a not for profit organization. No one's making any money out of this.

How to I get involved?

You get involved by registering online. It's a very straightforward process and takes about a minute.

Just go to: <http://www.parkrun.org.uk/southport/>

Or simply Google: "Southport parkrun" and you'll find it

Once registered, **you need to print off a barcode** (this is explained when you register). This allows us to record your time when you cross the finish line and then email and/or text you your result.

What happens on the day?

We meet by the café in Hesketh Park. It's best to get there for about 8:45 for the new runner briefing. Afterwards everyone is welcome to buy a cup of tea or coffee in the café.

What if I can't run or walk that distance?

There are many other ways to get involved. We are always on the look out for volunteers to help out each week. There's a link to the volunteering page.

Who'll be there?

We are now attracting over 300 runners each week. 3 of the GPs from the surgery take part regularly as do their wives, our Practice Nurse, Practice Manager, several members of staff and many of our patients too. Come and join us. Looking forward to seeing you down there