

# COME AND TRY PARK RUN



Parkrun takes place every Saturday morning at 9am in several parks across Leeds. It is a 5k run / jog / walk which is timed by volunteers and it's completely FREE.

EVERYONE is welcome – whether you run or walk. Children of all ages are welcome too! Under 11s need to stay with an adult, and pushing prams and pushchairs is also welcome. Exercise is fantastic for improving how we feel, and Parkrun is a very encouraging environment to give it a go.

On the 22<sup>nd</sup> of June, to celebrate refugee week, volunteers and staff from Solace are taking part in Potternewton Parkrun and we would like to invite you to take part with us. Please meet us at Potternewton Park at 8.45. From the Reginald Centre on Chapeltown Road, cross over Chapeltown Road and head down Harehills Avenue. The park is about a hundred metres along on the left hand side. For more information see [www.parkrun.org.uk/potternewton](http://www.parkrun.org.uk/potternewton). You can catch bus number 2 or 3 from the city centre, which stops near the Reginald Centre. **We look forward to seeing you there.**

If you would like to take part, you can just turn up on the 22<sup>nd</sup> of June. However, if possible please register first so you can get a barcode, and you will get your result afterwards. You can register at [www.parkrun.org.uk/register](http://www.parkrun.org.uk/register). If you contact Solace, we can help you to do this, or you can go to the Reginald Centre where you can use their computers and print your barcode. Solace's phone number is 0113 487 8360.