

TIME TO EXPLORE

Cleveland Metroparks



What is parkrun?



(Sippo Lake, parkrun.org)

- Always small "p"
- Weekly timed 5K
- Always free
- Volunteer-led
- Welcoming
- Social
- Family-friendly
- Dog-friendly
- barkrunners
- pramrunners
- No awards
- No t-shirts
- Post-run coffee

Values alignment

parkrun values

- parkrun USA's aim is to build healthy communities
- It's a run (or a walk), not a race.
- Sustained participation is more important than speed.
- We believe that social support promotes healthy habits
- We value diversity in age, gender, speed, appearance, ethnicity, and social and economic background.
- Volunteering is a form of healthy activity that creates strong communities.
- Stewardship of public land supports healthy communities.



The 3 Pillars of the National Recreation
and Parks Association:
Health & Wellness
Social Equity
Conservation



parkrun started in the UK, 2004



(RunWales, parkrun.org)

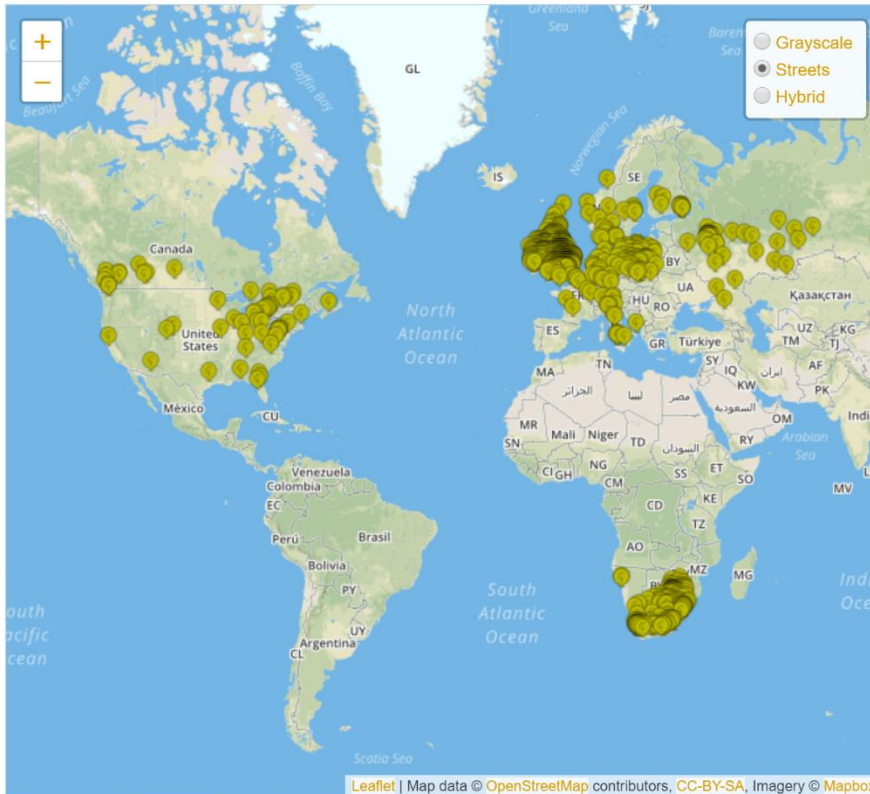


(Winchester, parkrun.org)

parkrun distribution



Event List



hover over a parkrun icon or name

USA 🌿

- Anacostia
- Aspen
- Charleston
- Clermont Waterfront
- College Park
- Crissy Field
- Deep Run
- Delaware and Raritan Canal
- Depot Park
- Des Moines Creek
- Durham NC
- Eagan
- Fletcher's Cove
- Heritage Harbor
- Himmel
- Jamaica Pond
- Joe Creason
- Kensington
- Leakin Park
- Lillie
- Livonia
- Mansfield OH
- McAllister
- Moberly

🔍 Help



1:37 PM
4/29/2019

parkrun "tourism"



Nancy DESMOND (3 parkruns)

Most Recent Runs

Event	Run Date	Gender Pos	Overall Position	Time	Age Grade
Sippo Lake parkrun	27/04/2019	1	5	29:35	58.87%
Mansfield OH parkrun	18/11/2017	1	4	28:16	60.02%
Winchester parkrun	16/09/2017	3	76	23:08	73.34%

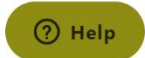
Event Summaries

Event	Runs	Best Gender Position	Best Position Overall		
Mansfield OH parkrun	1	1	4	00:28:16	All
Sippo Lake parkrun	1	1	5	00:29:35	All
Winchester parkrun	1	3	76	00:23:08	All
	3	1	4	00:23:08	All

are you a

parkrun

tourist?



1:36 PM
4/29/2019

parkrun timing



Mansfield, OH & Stark Parks



(Mansfield, OH parkrun.org)



(Sippo Lake, parkrun.org)

Starting a parkrun

- Choose a course
- Recruit volunteers
- Pay parkrun a one-time \$5,000 fee for equipment software, website use and support
- Train volunteers on the timing system and run-day roles
- Soft launch to start
- Stark Parks had 64 people first run



(Fletcher's Cove, parkrun.org)