

# Get fit for FREE!



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

**Start/Finish: Karlkurla Bushland Park, Hannans.**

- 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?