



junior parkrun

Have you heard of **junior parkrun**?
Follow the walkway route and find out
all about junior parkrun and why you
should get involved!

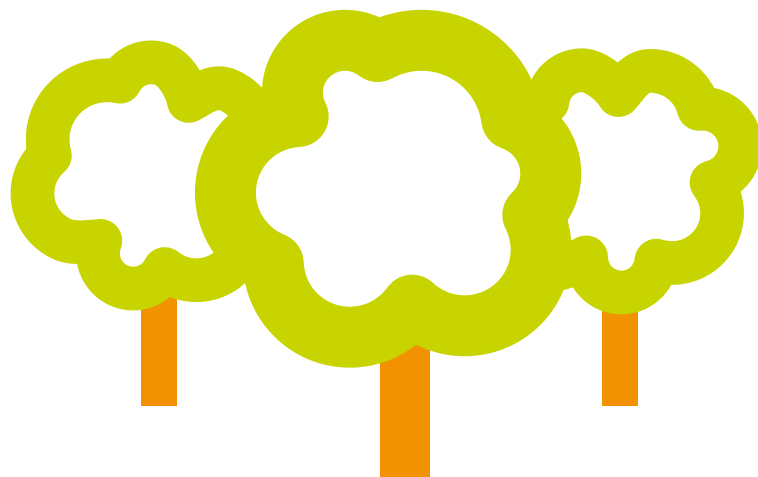


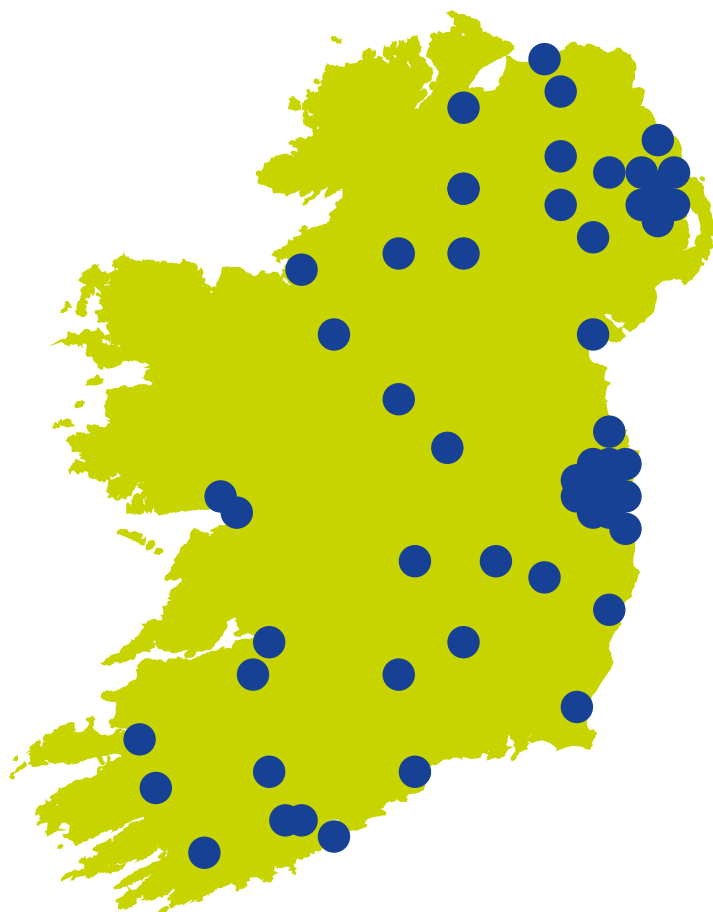
An Roinn Oideachais
agus Óige
Department of Education
and Youth



junior parkrun is a 2k fun event for children aged 4 to 14 and their families. At the end, lots of families stay to chat, play, and meet their friends.

It will take you about **3,000 steps** to do a junior parkrun. You can do it!





The first junior parkrun in the Republic of Ireland took place in December 2015 in Rush in North Dublin. Now there are over **60 junior parkruns** across the whole island of Ireland.

You can walk, run or volunteer,
it's up to you! Come along to
see all the **happy faces from
your community!**

Grown-ups can take part
alongside you, or stand on the
side cheering like crazy fans!
It's a **family adventure**
every week.



You will get **cool wristbands**
when you achieve a few
junior parkruns:

Half Marathon Hero

11 junior parkruns (22km)

Marathon Master

21 junior parkruns (42km)

Ultra Superstar

50 junior parkruns (100km)

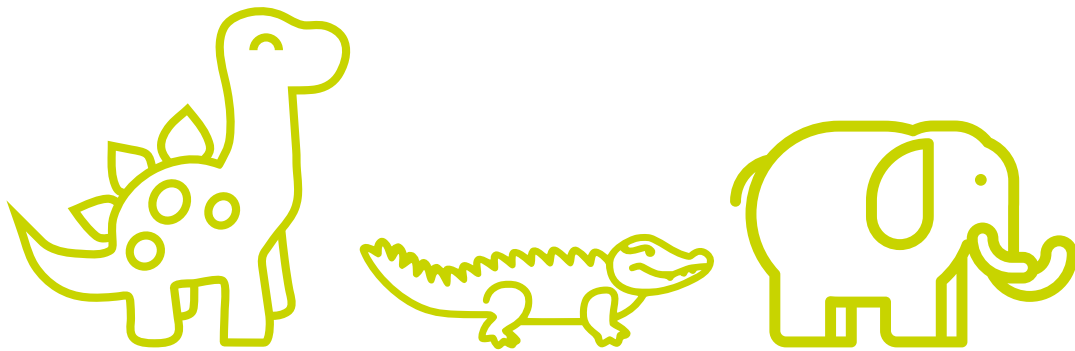
Century Champ

100 junior parkruns (200km)

Golden Champion

250 junior parkruns (500km)

Our junior parkrun events
are 2k: that's the same as the
distance from Dublin's **Trinity
College to Phoenix Park
gate**, near the zoo!



2k

It's the same as going from Big Ben to Buckingham
Palace in London! Or like running from Times Square
to the south gate of Central Park in New York City!



When you run, walk or wheel
at junior parkrun your **muscles**
build up lots of power:
so next time, it will feel easier!

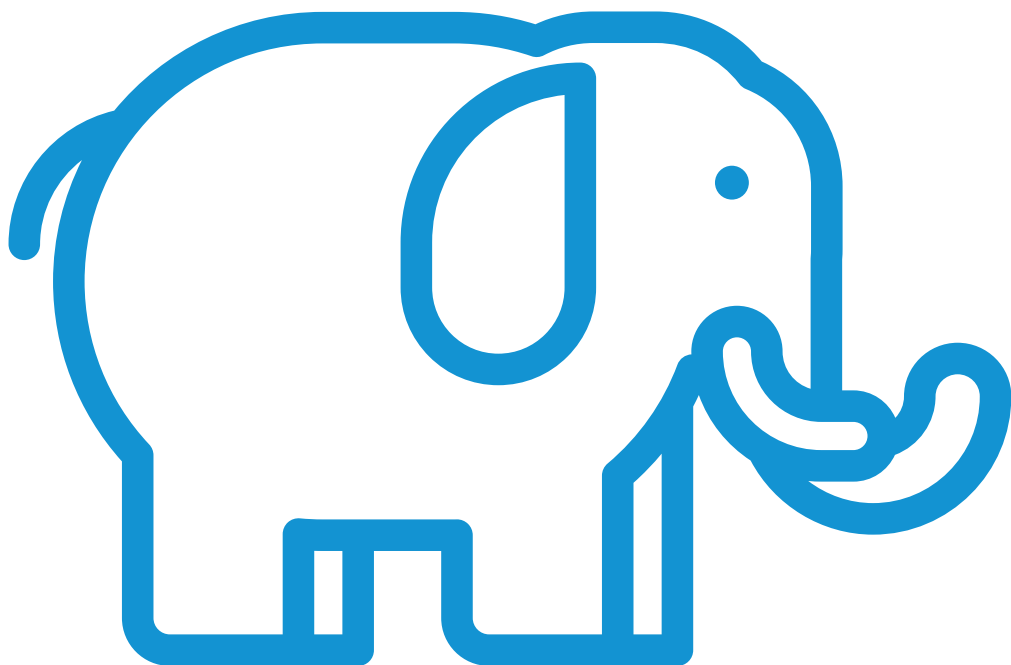
**21 junior
parkruns
=
42km**

**You've just finished
the same distance as a
real marathon runner!**



Your legs and heart are best buddies. As you move, your heart pumps faster, sending more oxygen to your leg muscles. That means more energy and less tired legs over time!

Imagine walking your junior parkrun beside a **friendly elephant**, you'd both finish your 2k journey at the same time! Trunks up for teamwork!

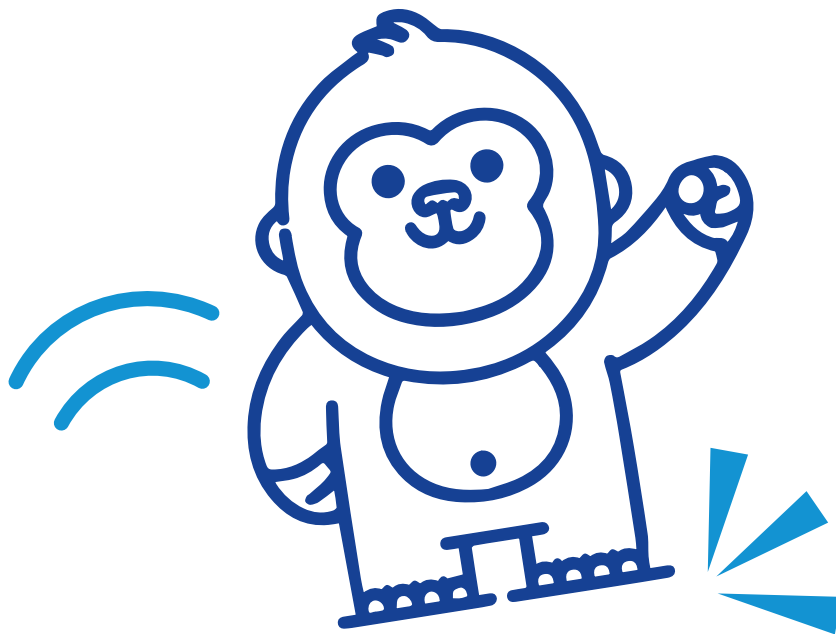


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A junior parkrun is so much fun to do with your friends and your family.

And the best part, it's always **free, friendly, and full of fun!**

We've a fun **warm-up** for junior parkrun that you can do with all your friends: show us your best impression of a gorilla stomp!





Every event is organised by **volunteers**. People who cheer, clap, and point the right way. Some are parents, teachers, or even young people like you!

At junior parkrun there is
a **tail walker** at the back.
Their job is to finish last so
you don't need to worry.



There are over **500** junior parkruns in the world.
They're in Ireland, the UK
and Australia!

