



# Woodlands

'Fun in the park'

# What is parkrun?



- ▶ parkrun organise free, weekly, 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in.
- ▶ These events take place in pleasant parkland surroundings and we encourage people of every ability to take part; from walking to those taking their first steps in running to Olympians; from juniors to those with more experience; we welcome you all. It's you against the clock.



# Sponsorships



- ▶ Our official sponsorship deals make it possible for parkrun events to be free. Without our sponsors, parkrun could not survive.
- ▶ So successful have we been, that our sponsors' representatives can often be found running a parkrun.
- ▶ **Discovery Vitality** believes that every decision that a person makes to exercise and get active is a step in the right direction, whether you want to improve your 5km running time, or just enjoy the beautiful surroundings of each parkrun venue with your family. Living a healthy lifestyle can be rewarding, and Discovery Vitality members 18 years and older can earn 500 points for participating in a parkrun event. Children six years and older who are dependents on their parents' Discovery Vitality membership can now also earn points for completing a parkrun.
- ▶ **Blue Label** is proud to be a sponsor of parkrunSA and believes in the health and fitness attributes this event provides for all participants.
- ▶ **Adidas**, together with parkrun, is dedicated to encouraging South Africans - of all ages - to engage in regular exercise. It is committed to developing the sport of running by means of the investments it makes into running-specific activations and technologies such as the adivan, adicaddies and footscans, which provide runners with technical advice and product testing at running events.



# Woodlands Route



- ▶ The route starts near the parking lot of the management office. After 700 metres we enter the reserve. We run on a brick pathway, along a small section of grass, past a water fountain, around a number of water ponds, across a wooden bridge, across a few stepping stones and up a few short but steep hills, twice. After the second lap, we exit the reserve, run back the same way we came and finish in the lovely treed gardens opposite the start. No dogs allowed and prams will be a challenge.



# Woodlands statistics

## January 2015



- ▶ Number of events: 92
- ▶ Number of registered runners: 3,980
- ▶ Number of clubs represented: 106
- ▶ Average number of runners per week: 208.8
- ▶ Biggest attendance: 426
- ▶ Average run time: 00:37:35



# How to join in the fun!



1. Visit [www.parkrun.co.za/woodlands](http://www.parkrun.co.za/woodlands) and register to get your barcode. It's FREE. Print your barcode...you will need to present it to access the park.
2. Be at Woodlands Office Park (the management offices) before 08h00 on Saturday mornings.
3. Warm up with the gang at the start...then follow the lifecub signs (and other runners) around the reserve.
4. After recovering at the finish join the gang for coffee at Mugg & Bean (Woodmead)



# Can't wait to see you there!

