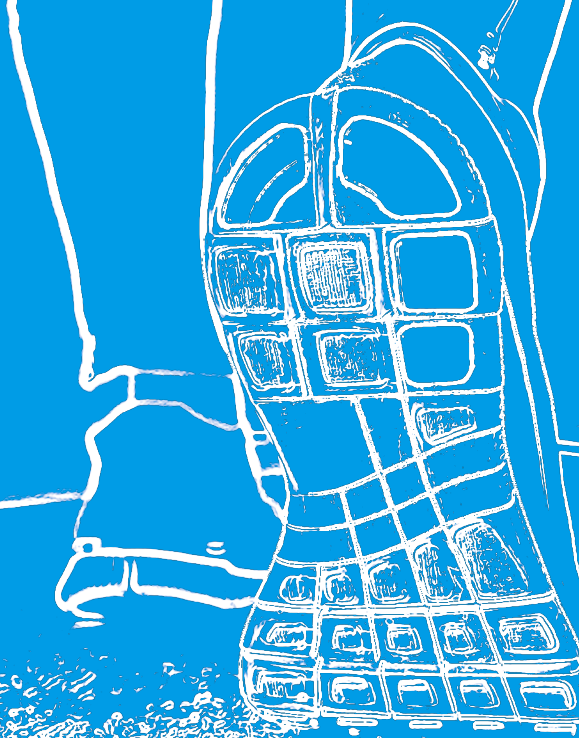


RESOLUTION *Runners*



get ready for
Parkrun



RUN HARPENDEN

Parkrun.

What is parkrun?

It is a 5km run, in a park - it's timed, but not a race, just you against the clock.

Anyone can do it, it doesn't matter how fast you are, people of all shapes, sizes and speeds do parkrun. Some bring dogs, buggies and their children, some sprint round, some walk it all.

The main thing is to enjoy yourself.

When is it?

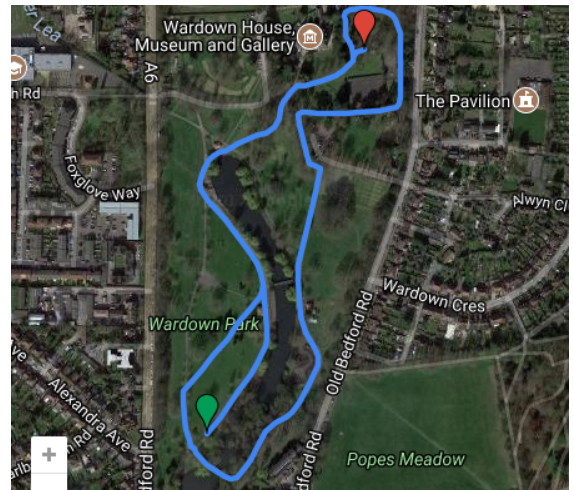
Every Saturday at 9:00am.

What does it cost?

Nothing - it's free!

Where is it?

We are going to Luton Wardown Parkrun - Wardown Park, Old Bedford Road, Luton, LU2 7HA.



We have chosen Luton Wardown Parkrun because it's friendly, pretty and not crowded.



Register.

Register & print your barcode NOW

Before your first parkrun, you need to register and get a barcode which you print off and bring with you.

Register here:

<http://www.parkrun.org.uk/register/form/>

*choose [Luton Wardown Parkrun](#) as your “Home Run”

Please register by filling in the form.

First Name	Long Eaton parkrun
Last Name	Longrun Meadow junior parkrun
Home Run	Longrun Meadow parkrun
Gender	Lowestoft parkrun
Date of Birth	Ludlow parkrun
Running Club (Optional)	Lullingstone parkrun
Email	<input checked="" type="checkbox"/> Luton Wardown parkrun
Confirm Email	Lydney parkrun
	Lyme Park parkrun
	Lymington Woodside parkrun
	Lytham Hall parkrun
	Maesteg parkrun
	Maidenhead parkrun
	Maidstone parkrun

*choose [Run Harpenden](#) as you Running Club.

Please select your Running Club from the following list.
If you are not currently a member of a club, please choose
If you cannot see your club in the list please also choose
the instructions in [this article](#) from our support site. After a
slightly different name, we'll add your club to the list.

In Case of Emergency

We strongly recommend you carry some form of ID and emergency contact details with you when you are out running. If something happens, then people will know who to call.

Parkrun do some which incorporate your parkrun barcode which is a great idea if you don't want to be carrying a soggy bit of paper each week. You can get tags to tie on your running shoes or wristbands.

<http://www.parkrun-barcode.org.uk/>

open to all, simple to enter
join the parkrun family



Run, cake, fun.

Getting there:

Wardown Park, Old Bedford Road, Luton, LU2 7HA

See here for more details: <http://www.parkrun.org.uk/lutonwardown/course/>

There is a small carpark by the museum, but it is easy to park on streets near the park. The briefing takes place by the boathouse in the middle, then we walk to the start. There are toilets in the Luton Town and Indians Cricket Club at the north end of the park and every week, people meet there afterwards for coffee and cake.

Meet up:

Aim to arrive 15 mins early so we can meet-up, pop to the loo & warm-up!

Cake:

Afterwards we'll head to the cricket club for coffee and cake and to celebrate your achievement!

Remember your Barcode!

Your barcode can be used at any parkrun, anywhere in the UK and overseas. But, if you forget it, you won't get a time.

When you finish, you go in a funnel and will be given a plastic tag. Take that to one of the timing people who will scan it together with your barcode. You will then be texted/emailed your time and you can see the full results on the website. Easy!



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