

**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.**

This summer, three parkruns in Shropshire would like to encourage people with a learning disability to join in by

- Running
- Walking
- Volunteering
- Spectating or
- Just for the post-run chat

People with a learning disability are especially invited on these Saturdays at 9.00:

- Shrewsbury (Quarry Park) on 18th May
- Telford (Town Park) on 22nd June and
- Oswestry (Henley Wood) on 20th July

join the parkrun family

For an information sheet
or to find out more email
running@35007.co.uk

On these dates people with a learning disability will be made particularly welcome at the usual weekly event open to the public