

The addiction began back in 2005 for me.

Everyone I've introduced to parkrun has embraced it 100% and keeps coming back for more!"

Sonia O'Sullivan, 5,000 metres World and European Champion



parkrun

much more than
just a run in the park

DEBRA BOURNE

FOREWORD BY BRUCE FORDYCE

Parkrun Much More Than Just A Run In The Park

Yicheng Fang



Parkrun Much More Than Just A Run In The Park:

Parkrun Debra Bourne,2014-12-01 Every Saturday morning tens of thousands of people all ages and sizes gather at their local park to run five kilometres Join Debra Bourne Event Director at Lloyd parkrun as she charts the rise of parkrun and finds out how and why this simple idea became the biggest and friendliest running community the world has ever seen

parkrun David Hindley,2022-06-01 This is the first book to take an in depth look at parkrun the free weekly timed 5km run on a Saturday morning and to examine why its participants love it so much and why it has been such an astonishing success Author David Hindley a self described middle of the pack parkrunner draws on new research including interviews with other runners volunteers and organisers to shine a light on the unique combination of ingredients in parkrun s magic formula Tracing the development of parkrun from its first event in the UK in 2004 to the global network of today he takes a close look at themes like inclusion volunteering community green space health and well being and unpacks the mantra of it s a run not a race that has come to define the spirit of parkrun for so many of its participants Part sporting event part social movement and part public health intervention parkrun perhaps offers a model for sustainable public participation in other areas of social life This book is compulsory behind the scenes reading for all parkrunners and parkrun volunteers and anybody working in sport development events recreation public health volunteering or community organising The Ultimate Guide to parkrun Lucy Waterlow,2024-09-26 Perfect for any parkrunner or wannabe parkrunner this concise and joyful book reveals how a Saturday 5km run in the park has become a worldwide phenomenon The Ultimate Guide to parkrun always with a lower case p covers how parkrun started how it is staged every week how to get involved as a runner walker or volunteer and even how to start your own run Written by a running writer and qualified athletics coach this celebratory book goes behind the scenes to tell the heartwarming human stories behind parkrun But it also brims with practical information with training plans for different types of runners so that you can if you wish to improve your own finishing time Published to coincide with the 20th anniversary of the founding of the mass participation event in Autumn 2024 the book delves into parkrun s origins as the brainchild of Paul Sinton Hewitt an unemployed man in London Just 13 runners competed in the first Bushy Park Time Trial on 2 October 2004 Now parkrun has more than 9 million runners at more than 2 200 parks in 23 countries with the most popular countries being the UK Australia and South Africa The book features all aspects of parkrun including how public spirited volunteers put on the event sustainably and for free every week and fun boxes such as the most interesting courses around the world from Poland to the Falkland Islands About the author Lucy Waterlow is a journalist ghostwriter and author who has contributed to national newspapers and specialist publications such as Runner s World and Women s Running She is a keen amateur runner and a qualified England Athletics coach in running fitness She is the co author of Nell McAndrew s Guide To Running and Run Mummy Run Inspiring Women to be Fit Healthy and Happy Group Dynamics in Exercise and Sport Psychology Mark R. Beauchamp,Mark Eys,2025-08-13 The third edition of Group Dynamics

in Exercise and Sport Psychology New Perspectives explores the unique psychological dynamics that emerge in sport and exercise groups It provides a clear and thorough guide to contemporary theory research and applied practice covering core themes and cutting edge topics as well as highlighting directions for future research Much human behavior in sport and exercise settings is embedded within groups where individuals cognitions emotions and behaviors influence and are influenced by other group members Now in a fully revised and updated third edition Group Dynamics in Exercise and Sport Psychology New Perspectives sheds new light on the psychology of groups in exercise and sport settings providing an entirely new set of perspectives on the theory and research applied to groups in exercise and sport settings No other book on group dynamics in sport or exercise offers such a close examination of the evidence base and therefore Group Dynamics in Exercise and Sport Psychology New Perspectives is important reading for all students researchers or practitioners working in sport or exercise psychology kinesiology sport and exercise science sports coaching or physical education **Cambridge**

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To See On Australia's Coral Coast Exploring Eden Books, 2023-02-01 100 Things To See On Australia's Coral Coast expands the ever popular range of 100 Things To See travel guides dedicated to Australia's most incredible regions. From Lancelin in the south to Point Sampson 1500km to the north, Western Australia's Coral Coast and Pilbara regions are a cacophony of wild adventure. Here the outback meets fringing coral reef where you literally step from desert to underwater oasis in a heartbeat. Along the way, explore the best things to see from stunning wildflower meadows to walk off the beach coral reefs. Swim with whale sharks and manta rays or find and eat local produce while getting insider knowledge into the best places to eat, sleep and shop along the way. Along the way, you'll wander through ancient cultural sites older than the landscapes and landscapes older than the continent. You'll swim with the world's largest sharks and walk with some of Australia's rarest species. You'll camp on deserted beaches one day then kick back in edgy micro breweries the next. In this guide, you'll find at least 100 of the best places and things to see and do along this incredible stretch of coast, and all of them carefully curated so you're experiencing the most exceptional parts of Australia's Coral Coast. Karijini National Park and the Pilbara Adventure awaits. Chapters cover the Indian Ocean Drive, Wildflower Country, Geraldton and Surrounds, Kalbarri and Surrounds, Shark Bay, Carnarvon, Cape Range, The Pilbara and Karijini National Park.

Proceedings of the Undergraduate in Computer Sciences Colloquium 2025 Mohammad Hafiz bin Ismail, 2025-02-05 The Undergraduates in Computer Sciences Colloquium serves as a platform for final year Bachelor of Computer Science students to exhibit their projects and research in three key fields: Information Technology, IT Netcentric Computing, and Data Communication Networking. This proceeding book compiles their work, reflecting their technical proficiency, problem-solving capabilities, and innovative thinking. This colloquium not only provides an avenue for students to share their work but also fosters collaboration, critical thinking, and innovation within the computing community. It is our hope that this compilation serves as an inspiration for future students and researchers, encouraging continuous learning and advancement in the field of computer science.

Fodor's Carolinas & Georgia Fodor's Travel Guides, 2024-11-12 Whether you want to drive a scenic road in Great Smoky Mountains National Park, stroll Charleston's historic district, or visit the home of Dr. Martin Luther King Jr. in Atlanta, the local Fodor's travel experts in South Dakota are here to help. Fodor's The Carolinas & Georgia guidebook is packed with maps, carefully curated recommendations, and everything else you need to simplify your trip planning process and make the most of your time. This brand new edition has an easy-to-read layout, fresh information, and beautiful color photos. Fodor's The Carolinas & Georgia travel guide includes AN ILLUSTRATED ULTIMATE EXPERIENCES GUIDE to the top things to see and do, MULTIPLE ITINERARIES to effectively organize your days and maximize your time, MORE THAN 25 DETAILED MAPS to help you navigate confidently, COLOR PHOTOS throughout to spark your wanderlust, HONEST RECOMMENDATIONS FROM LOCALS on the best sights, restaurants, hotels, historic sites, outdoor activities, scenic drives, nightlife, shopping, and more, PHOTO FILLED BEST OF FEATURES on Best Things to Eat and Drink, Best Beaches, and more, TRIP PLANNING TOOLS AND PRACTICAL TIPS.

including when to go getting around beating the crowds and saving time and money HISTORICAL AND CULTURAL INSIGHTS providing rich context on the local cuisine national parks Civil War battles slavery and Civil Rights and more SPECIAL FEATURES on Great Smoky Mountains Through the Seasons and Kids and Families LOCAL WRITERS to help you find the under the radar gems UP TO DATE COVERAGE ON Atlanta Asheville Charleston Savannah Charlotte Myrtle Beach Hilton Head Georgia s Coastal Isles the Outer Banks and more Planning on visiting more nearby states Check out Fodor s Florida and Fodor s Washington D C Important note for digital editions The digital edition of this guide does not contain all the images or text included in the physical edition ABOUT FODOR S AUTHORS Each Fodor s Travel Guide is researched and written by local experts Fodor s has been offering expert advice for all tastes and budgets for over 80 years For more travel inspiration you can sign up for our travel newsletter at fodors.com/newsletter/signup or follow us FodorsTravel on Facebook Instagram and Twitter We invite you to join our friendly community of travel experts at fodors.com/community to ask any other questions and share your experience with us

Harper's Young People ,1894 **Beyond Greatness** Charles Justice,2011-09-21 The juvenile or two year old racing careers of Colin Man o War Ruffian and Landaluce provide the foundation and focus for discussing the question of thoroughbred greatness and its measure These four thoroughbreds were arguably the best juvenile runners of the twentieth century Close on their hooves pun intended however were the colts Sysonby and Secretariat and the fillies First Flight La Prevoyante and Personal Ensign The latter five runners are honorably mentioned and also compared in the book As in The Greatest Horse of All A Controversy Examined basic statistics are used informally to provide readers a basis for their own studies in thoroughbred data comparison and evaluation The author realizes that many people avoid mathematical ideas like the plague Therefore he has minimized statistical usage to its most common elements and he explains these thoroughly for the uninitiated as the book progresses Only two of the ten chapters use statistics to any degree The text also includes seven figures and two tables to aid in understanding the statistical concepts If one feels remotely comfortable with eight grade mathematics concepts one will have no problem with this material Relative to the statistical comparisons two novel concepts are discussed These pertain to addressing the so called era effect Many racing fans continue to argue that horses from different eras cannot justly be compared A strong case against this argument is presented from at least two standpoints First a device is described and suggested to scientifically test and compare the true relative speeds of two racing surfaces Second an inverse use of the well known t test for comparing the differences between two or more data sets is presented The text demonstrates how using this inverse test can equitably adjust earlier era data so that it may be fairly compared with later era data

Managing Coral Reefs Kelly Heber Dunning,2018-07-30 Managing Coral Reefs examines Indonesia s and Malaysia s pathways to implementing the Convention on Biological Diversity CBD focusing specifically on how regional and national policies in Southeast Asia have fared when implementing the Aichi Targets of the CBD Kelly Heber Dunning examines CBD implementation through marine

protected areas MPAs for coral reefs in Indonesia and Malaysia While Indonesia uses a co managed framework whereby villages and governments share power to implement its MPAs Malaysia uses a top down network of federally managed marine parks Using mixed methods through interviews and surveys as well as coral reef ecology surveys conducted over a year of fieldwork Dunning argues that co managed systems are the current best practice for implementing the CBD s Aichi Targets in tropical developing countries

National Parks ,2002-07 The flagship publication of the National Parks Conservation Association National Parks Magazine circ 340 000 fosters an appreciation of the natural and historic treasures found in the national parks educates readers about the need to preserve those resources and illustrates how member contributions drive our organization s park protection efforts National Parks Magazine uses images and language to convey our country s history and natural landscapes from Acadia to Zion from Denali to the Everglades and the 387 other park units in between

NHS Charges Great Britain: Parliament: House of Commons: Health Committee,2006-07-18 NHS Charges Third report of session 2005 06 Vol 3 Oral and written Evidence

Insiders' Guide® to Houston Laura Nathan-Garner,2012-10-02 For more than twenty years the Insiders Guide series has remained the essential source for in depth travel and relocation information Written by locals and true insiders each guide is packed with useful tips on places to stay restaurants events attractions fun thnigs to do with the kids nightlife recreation shopping local history and much more as well as a comprehensive appendix called Living Here that offers information on real estate education health care and more

The Natural Health Service Isabel Hardman,2020-04-23 Brilliant Matt Haig In 2016 Isabel Hardman s mind in her own words stopped working as she fell prey to severe depression and anxiety She took time off on long term sick leave and despite several relapses has returned to work with a much improved ability to cope She has since become one of the UK s most prominent public voices on mental health She credits her better health to her passion for exercise nature and the great outdoors from horse riding and botany to cold water swimming and running In *The Natural Health Service* she draws on her own personal experience interviews with mental illness sufferers and psychologists and the latest research to examine what role wildlife and exercise can play in helping anyone cope with mental illness Straight talking thoroughly researched and compassionate this important and often funny book will fascinate anyone touched by a mental health condition whether themselves or through the experiences of a loved one

The Poisoning of Our Children Keeley Christine Drotz,Keeley C. Drotz Rd,2012 Children born today will live shorter lives than their parents and grandparents because of the obesity epidemic in America Despite heightened awareness of the problem and advances in healthcare present strategies are not working to reverse the trend This book aims to honestly answer questions currently weighing on the minds of many parents How can I prevent or reverse obesity in my child or adolescent How do I ensure that my child will not become obese during his or her lifetime Written by a registered dietitian and mother *The Poisoning of Our Children* contains practical advice that can be incorporated into a family s daily life immediately Based on credible research it gives parents the knowledge and tools

they need for raising healthy children from the start And it provides pediatricians and health professionals with the evidence they need when working with families This book goes beyond the obvious problems of unhealthy eating and lack of physical activity it closely examines the roles of modern day American culture and lifestyle habits Rather than offering a list of do s and don ts the emphasis is on developing healthy habits to last a lifetime **THE JOURNAL OF HORTICULTURE** ,1877

Herding Monkeys to Paradise John Knight,2011-05-27 This book is a study of the use of monkeys as a tourist attraction in Japan Monkey parks are popular visitor attractions that display free ranging troops of Japanese macaques to the paying public The parks work by manipulating the movements of the monkey troop through the regular provision of food handouts at a fixed site where the monkeys can be easily viewed This system of management leads to a variety of problems including proliferating monkey numbers park edge crop raiding and the sedentarization of the troop In addition to falling visitor numbers these problems have led to the closure or fencing in of many parks calling into question the future of the monkey park as an institution

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