



Cork
Sports Partnership

Comhpháirtíocht
Spóirt Chorcaí

— SPORT IRELAND —

Castlehaven parkrun

6 week walking programme

- You don't have to run, walkers are welcome at parkrun
- Our walk leaders will be there weekly to meet and greet you
- You can walk or jog or bring your dog
- Walk leaders will accompany you
- Join us afterwards to a tea or coffee

Not registered already? It's easy and it's FREE

- Register at www.parkrun.ie
- Choose Castlehaven parkrun as your event
- Choose Castlehaven GAA or #parkwalkIRE as your club



parkrun