

Parkrun Prescription
Danestone Medical Practice

Name:

Ability: Walk / Jog / Run / Volunteer

Location: Aberdeen esplanade (see map overleaf)

Time: 9:30 sharp

Register online: <http://www.parkrun.org.uk/aberdeen/>

parkrun
Free ✓
Weekly ✓
Timed ✓
5km ✓

Parkrun Key Facts

- Saturday mornings at 9:30am
- Aberdeen beach esplanade
- 5km
- Walk, jog, run or volunteer
- Children aged under 11 must be accompanied by an adult at all times
- Prams welcome
- Dogs on short leads welcome
- Bring your family and friends
- Parking available on the esplanade
- Wear comfortable shoes and clothes appropriate for the weather

Before your first event:

- Register online to get your personal barcode
- Print barcode
- Bring barcode to event
- You can still take part if you haven't registered, but your completion time will not be recorded without your barcode
- No need to bring this prescription with you to take part
- Take part and Enjoy!

For more information

Visit: <http://www.parkrun.org.uk/aberdeen/>
Facebook: Aberdeen Parkrun

