

2 June 2014

Delighted the region has its own parkrun

The weekly Saturday morning run was launched on Saturday 31 May at Mt Penang Parklands in Kariong. The number of people who took part in the first parkrun was encouraging, with 72 runners finishing the Parklands' first event.

Available to the whole community at no charge, the grounds of the Parklands now hosts this fitness initiative on the Central Coast. Mt Penang parkrun takes place every Saturday, from 8.00-9.00am, starting and finishing in the Mt Penang Gardens. People of all ages and ability are encouraged to take part in the 5km run. You can be a fitness fanatic, push a pram, sprint or walk. And each week you are timed... it's you against the clock.

Event Director Naomi Neilson says runners can enjoy one of the most scenic areas on the Central Coast. The course takes participants around the peaceful surroundings of the Mt Penang Parklands and Gardens.

"Organised with the amateur in mind, we invite everyone to give parkrun a try- from walkers or those taking up running to those training for longer pursuits. This weekly event allows local people to take part in free, organised physical activity in a friendly social environment. Give it a go. We want as many people as possible to join us. You'll have fun, improve your health and fitness and meet great people along the way," she said.

The Mt Penang parkrun is a partnership between parkrun Australia, the Central Coast Regional Development Corporation (CCRDC) and local volunteers. Graeme Inchley, CCRDC's Chairman says that dedicated volunteers enable parkrun to take place every week.

"The Corporation supports this initiative which allows families to get together and get fit at a free community event."

"It must be recognised that it's the tireless volunteers that make it happen. parkrun is run entirely by volunteers who contribute their time freely to Mt Penang Parklands," he said.

People wishing to take part in parkrun must register on-line in advance. To register or to find out more about parkrun, go to www.parkrun.com.au/mtpenang, follow the instructions and print your barcode. Once registered, you can turn up on any Saturday, unannounced and run. Runners can also drop by the Waterfall Café, which opens at 9:30am for coffee or a bite to eat.

Contact CCRDC on 4340 1002 or email info@ccrdc.nsw.gov.au if you are interested in becoming a volunteer and assisting with parkrun.

parkrun

Free timed runs, parkruns take place 52 weeks a year. Established in London, England in 2004, the non-profit running movement has since gone global. In Australia, parkrun now has 71 organised events and 110,000 individual runners registered.

CCRDC

The Central Coast Regional Development Corporation (CCRDC) is a State Government entity and part of the Department of Planning and Environment NSW cluster. CCRDC is a

self-funded entity and does not rely on annual allocations from the State budget to fund operations.

CCRDC owns the land known as Mt Penang Parklands. The Corporation is charged with securing the on-going management of public open spaces and community facilities at Mt Penang. The Corporation is tasked with protecting and enhancing the broad Mt Penang Parkland Precinct, including remnant bushland and ensuring that over one hundred years of Central Coast history is preserved and enjoyed by the community.

---Ends---

For more information and interviews contact STEPHANIE PROUSE on 0477 726 490.