

6 May 2016

parkrun makes strides on the Central Coast

The Entrance parkrun is launching on Saturday 14 May at Picnic Park, The Entrance. The region's second parkrun encourages all members of the community to improve their health and fitness while having fun and meeting new people.

Simon Officer, Chief Executive Officer for the Central Coast Regional Development Corporation, says the Corporation's continued support for parkrun on the Central Coast is vital. This free, weekly physical event attracts more tourists and visitors to the area, supports local business, increases open space usage and encourages families to add physical activity to their lives.

Mt Penang parkrun Event Director, Naomi Neilson, says the community spirit surrounding parkrun is phenomenal.

"With two separate events taking place each week on the Coast, families and running fanatics alike can now take part in the 5km run at either Mt Penang or The Entrance. The relatively flat and scenic courses accommodate runners of all levels, from experienced athletes to weekend walkers. We hope people will put their runners on and give parkrun a try."

"We are particularly pleased to be celebrating Mt Penang parkrun's second anniversary on 4th June and our 100th Mt Penang parkrun event in July," Ms. Neilson said.

Parkrun on the Central Coast is supported by medical practitioners, the broader business community, as well as all levels of government.

"As a medical professional specialising in the management of obesity, I find that parkrun is a public health initiative to be emulated and supported. It is an inclusive model of health care and promotes healthy behaviour in an environment of community engagement," Dr Wong from Central Coast Surgery said.

The Entrance parkrun launch

Where: Picnic Point, The Entrance (off of Tuggerah Parade and Manning Rd, start point at the sport equipment)

When: Saturday 14 May, 7:00am start

Cost: Free

Mt Penang parkrun 2nd anniversary

Where: Mt Penang Gardens, Parklands Road, Kariong

When: Saturday 4 June, 8:00am start

Cost: Free

Mt Penang parkrun's 100th parkrun

Where: Mt Penang Gardens, Parklands Road, Kariong

When: Saturday 2 July, 8:00am start

Cost: Free

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/theentrance or www.parkrun.com.au/mtpenang, follow the instructions and print your barcode. Once registered, you can turn up on any Saturday, unannounced and run.

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

Both Mt Penang parkrun and The Entrance parkrun are sponsored by Anytime Fitness (West Gosford, Erina, Wyoming, Kincumber, The Entrance). Interested in becoming a sponsor? Contact CCRDC on 4340 1002 or email info@ccrdc.nsw.gov.au.

Mt Penang parkrun and The Entrance parkrun are partnerships between parkrun Australia, the Central Coast Regional Development Corporation (CCRDC) and local volunteers.

Parkrun

Parkruns are free timed runs which 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 51 organised events and 63,690 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.

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