

# 2024 Parkrun Resolutions Checklist

- 1.** Visit a parkrun you haven't been to before.
- 2.** Bring a friend or family member to their first parkrun.
- 3.** Do a volunteer role you haven't done before.
- 4.** Chat with a parkrun tourist at your home event (preferably over coffee).
- 5.** Travel to a parkrun on foot, bicycle or public transport.
- 6.** Do a parkrun (run, jog, walk or volunteer) in the rain.
- 7.** Volunteer as parkwalker / tail walker. (bonus point if you bring a first-timer to help)
- 8.** Arrange to meet up with an old friend at a parkrun.
- 9.** Do a parkrun in another county or in another country.
- 10.** Visit a different parkrun with a group (6 or more) from your home event.

Scan the QR code to download the PDF:



Print it out and stick it on your fridge!