

Step by Step Guide to joining a 5k Your Way Group

BEFORE YOU GO!!

- 01** Find your nearest group on our interactive map [HERE!](#)
- 02** Check when your local group is relaunching/launching [HERE](#)
- 03** Check where the group meeting point is.
You can find this on the locations section for each group [HERE](#) and just click on the dropdown tabs to find the group you're looking for.
Don't forget to check what time to be there too!
Remember: All parkruns in the UK start at 9am and in Ireland they start at 9.30am!
- 04** Get in contact with the Ambassadors that lead your group
You can do this via Facebook or Email and let them know you'll be coming! They will be able to tell you any local details you need to know.
Find their details on the locations section for each group [HERE](#).
- 05** Register with parkrun and 5k Your Way!
You only need to do this once for both parkrun and 5KYW.
[REGISTER HERE!](#) Don't forget to print off your barcode for parkrun!
- 06** Read our 5k Your Way Covid-19 documents
You can find our 5k Your Way Covid-19 Framework [HERE](#), our FAQs [HERE](#) and our Risk Assessment [HERE](#).
- 07** Invite your friends and family to come along with you!



Step by Step Guide to returning to your 5k Your Way Group

WHEN YOU ARRIVE!

- 01** Head over to the meeting point and look out for the big 5k Your Way flag and the ambassadors in their blue T shirts!
Don't forget your barcode!
- 02** Walk, jog, run, cheer or volunteer at the parkrun event
You can do this with the 5k Your Way group or at your own pace. A lot of parkruns are more than one lap, you can do as much or as little as you want. Have fun! If you don't feel up to walking or jogging then why not spectate or volunteer with parkrun, you can find out how to do this [HERE](#).
- 03** Meet the group after for coffee and cake!
Ask the ambassador before you start where they'll be heading afterwards for coffee. Enjoy your well deserved coffee and cake!

