

# INSPIRATIONAL FRIDAYS #036

8 November 2024

## FEATURED BOOK

Title:	<b>parkrun</b>
Author:	<b>David Hindley</b>
Language:	<b>English</b>
Format:	<b>e-BOOK/ PDF</b>
Pages:	<b>151</b>
Size:	<b>1.58 MB</b>

## SYNOPSIS:

Following our Health Beat Wednesdays post, The Power of parkrun: Unlocking Benefits for All <https://vCHF.co.za/health-beat-wednesdays>, today we dive into a:

Book Review:  
parkrun: An Organised Running Revolution  
by David Hindley

A Compelling Exploration of the parkrun Phenomenon  
In "parkrun: An Organised Running Revolution," David Hindley masterfully chronicles parkrun's remarkable story, transforming Saturday mornings for millions.

Key Takeaways from the book:

1. Inclusion: welcoming runners of all levels.
2. Volunteering: community-driven initiatives thrive on volunteer support.
3. Community: fostering social connections and belonging.
4. Health and Well-being: promoting physical and mental well-being.
5. Green Space: utilizing green spaces for physical activity.



Practical Advice:

1. Find your local parkrun and join the movement.
2. Volunteer and contribute to the community.
3. Embrace inclusivity and welcome all runners.
4. Prioritize health and well-being through parkrun.

Recommendation:

A must-read for parkrun enthusiasts, running communities, health professionals, and community organizers.

Conclusion:

"parkrun: An Organised Running Revolution" showcases community-driven initiatives' transformative power. Hindley's research offers valuable insights, practical advice, and inspiring stories.

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Final Thoughts:

Join the parkrun movement and experience the benefits firsthand.

Bonus Material:

- parkrun SA: [www.parkrun.co.za](http://www.parkrun.co.za)
- parkrun-family in the Vaal: <https://vCHF.co.za/vaal-parkrun-family>
- parkrun Essentials: <https://vCHF.co.za/parkrun-essentials>

Happy reading!

Visit [www.VCHF.co.za](http://www.VCHF.co.za) to read book online.