



WELCOME!

Welcome to what we hope will be the first of many Glasgow parkrun newsletters. We thought rather than shouting from the top of a grassy mound, or talking briefly to too few of you in the registration queue, it'd be good to produce something you can take away with you and read at your leisure.

Firstly, thanks to you for helping make Glasgow parkrun such a huge success. It's been great fun for us, and we hope you've enjoyed it to. We're continuing to grow - we've now had over 2,200 people take part, and regularly see 200+ runners, making us one of the largest events - as well as the fastest growing! Our success has helped get parkrun established here in Scotland, with Edinburgh just launched, and more surely to come!



Remember though we need regular help to keep the event going, so see the tab to the right for how to get involved. Our volunteers are the real parkrun heroes, so be sure to say 'thanks' to them when you run!

If you've helped at an event, why not encourage others to think about helping one week too?

COFFEE AND CAKE!

After parkrun come along and join us in the Burrell cafe for the traditional post-parkrun coffee, cake and chat. It's a great opportunity to unwind, talk, and meet your fellow parkrunners, in wonderful surroundings.

POINTS COMPETITION

We had a stunning climax to our 1st points competition! A handful of points (out of 5000!) separated 1st and 2nd places in both Men and Ladies competitions. Bryan Lamb edged ahead of Alastair Maclachlan by 17 points to win the gents title; Erica Christie won by just 8 points over Catriona Gourley for the ladies! Congratulations to everybody who took part though, and we hope the close result inspires you to run or help even more next year!

HOW DID IT START?

parkrun started just over five years ago in Bushy park, in south-west London. Just 13 runners took part in that first event, but it's grown phenomenally since, now taking in over 23 events, with over 3,000 runners taking part, surely making it - in total - one of the biggest running events in the country. Every week!

Glasgow's efforts started in late 2007, but *really* got going in 2008 when Richard and Iain teamed up, met with Pollok park managers and Glasgow council. After the paperwork, we launched in December 2008, and have grown spectacularly: We're delighted to see people getting involved and enjoying parkrun. We've a great team with Gillian, Frances and Alan, and many others all giving a lot of their time, to make it happen every week.

It's **your** event

Glasgow parkrun is entirely volunteer driven. It takes place because runners - like you - are getting involved and helping where they can, and when they can, to a level that suits them.

We know it may seem a bit daunting, but all of our tasks are straight forward, and we explain everything in full, and as far as possible we ensure first-time volunteers are with a more experienced volunteer.

If you're racing later in the day, are perhaps recovering from an injury, or just fancy taking it easy, why not help out? It's a great way to start the weekend.

You can also help with putting up the signs, taking them down, briefing first-time runners, and writing the race report, and still run!

Just let us know you'd be interested in helping, even if you don't yet know when: We agree dates to suit you. It's your time to give after all! Just e-mail

GlasgowHelpers@parkrun.com

Thank you!



TAKE YOUR RUNNING FURTHER!

Why not join a club or group?

parkruns are a great way to measure your progress, catch up with friends, make new ones, and enjoy a healthy start to the weekend in beautiful surroundings.

But why not take your running a step further, and look to join a club or running group? There are plenty in Glasgow to choose from, no matter where you are in the speed spectrum.

You might fancy a supportive local jogging group such as the Glasgow Running Network (<http://bit.ly/15FUkn>), or jogScotland (jogscotland.org.uk). If you want to take things to the next level, a local running club might be an idea. See the Glasgow parkrun links page on our website (parkrun.org.uk/glasgow). Many running clubs

have beginner programs too, and they're all friendly and supportive. Perhaps try asking a fellow runner at parkrun, to find out who they run with? Most of the local clubs feature each week at Glasgow parkrun, so it's easy to find out!

Try a race

parkruns are great events to measure your progress at, but we all know the Glasgow course isn't exactly flat! Target a race to give you a focus to your training, and see how you do over different distances.

If you're a member of a club or group, speak to your group leaders to find out, or check out the Results page on our website for details of a few upcoming events. jogScotland has a comprehensive events list (<http://bit.ly/3LDUy5>), as does the Scottish Running Guide (scottishrunningguide.com).

POLLOK PARK

Pollok park was voted Britain's, and Europe's, best park in 2008. It contains a large pedigree fold of Highland cattle, a world-class museum, a beautifully preserved estate, house and kitchens, and stunning grounds - which you're all familiar with - all within a short distance of Glasgow city centre. Find out more here:

<http://bit.ly/UA6FO>

DONATIONS

Glasgow parkrun will always be free, but we do need to pick up consumables and a few additional bits of kit. If you'd like to know what our current wish list is, please get in touch at GlasgowOffice@parkrun.com. We'll also occasionally have a discretionary donations bucket. But please don't feel under any obligation to donate.

FAQ

Where's my Barcode?

Want to make registration easier and quicker? Then get your barcode! Check your newsletter or results e-mail. Each one contains a link to your own barcode which you can print out and get laminated.

I've got a token...?

We have a permanent amnesty for token returns. If you accidentally went off with one, please bring it back and hand it to a volunteer.

How do I volunteer?

Just e-mail us and let us know you'd be interested in helping! Glasgowhelpers@parkrun.com

How can it be free?

Mainly because of the time and effort put in by volunteers getting involved. parkrun is sponsored - which helps new events get kitted out. parkrun's current sponsors are [Nike](#), [Sweatshop](#) and [Lucozade Sport](#). Because of their support, we'd encourage you to take that into consideration when making your next purchasing decision.



Sweatshop Glasgow are based in Anniesland, inside the David Lloyd sports centre. Mention parkrun and get a 10% discount on your next pair of shoes!

Social Networks

Stay up to date - Become a fan on facebook:

<http://bit.ly/2qGDBg> or follow us on twitter:

twitter.com/glasgowparkrun

And of course our own website for weekly race reports and news!