

## 5K Parkrun at North Lake Park Every Saturday

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MANSFIELD, OH: Parkrun organizes free, timed 5k runs every week in over 900 locations around the world. Same time, same place and at no cost. Ever. Free one-time registration gives you a unique bar code which is used to track participation and your run times. Parkrun is open to all - young, old, runners, walkers, joggers.



Parkruns are a free, non-competitive 5K every Saturday (starting Jan. 21) from North Lake Park at 9 am. All ages and abilities welcome. Each Saturday you may join in at any participation level that is comfortable for you. Meet new friends or dedicate that time to be active on your own. Run, walk or jog there is no requirement!

### **What is Mansfield OH parkrun?**

It is a 5km run - it's you against the clock.

### **When is it?**

Every Saturday at 9:00am (October through April)  
8:00am (May through September).

### **Where is it?**

The event takes place at North Lake Park, 270 Rae Ave, Mansfield, OH 44903. .See [Course page](#) for more details

### **What does it cost to join in?**

Nothing - it's free! but please register before your first run. Only ever [register](#) with parkrun once. Don't forget to bring a printed copy of your barcode ([request a reminder](#)). If you forget it, you won't get a time.

### **How fast do I have to be?**

We all run for our own enjoyment. Please come along and join in whatever your pace!

### **Mansfield OH parkrun needs you!**

It is entirely organised by volunteers - email [mansfieldohhelpers@parkrun.com](mailto:mansfieldohhelpers@parkrun.com) to help.

### **We're friendly!**

Every week we grab a post parkrun coffee in Relax It's Just Coffee, 105 N. Main St. Mansfield, OH 44902 - please come and join us!

For more info please visit the Mansfield OH parkrun [website](#) or visit their [Facebook page](#).