



## MEDIA RELEASE

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# Run, Killalea, Run!

Podcast junkies and avid parkrunners alike will soon descend on *Reflections Killalea Reserve*, with the inaugural *parkrun Adventurers Listener Meetup* set to take place at the park on the 24<sup>th</sup> of March. With Killalea (Shellharbour) having hosted their own weekly parkrun since 2014, it's the perfect place to pop on your best pair of joggers and walk or run a few early morning miles.

The landmark event will see fans of the podcast "*parkrun Adventurers*" from across the nation meet up for the first time to share their passion for all things running and fitness, with hundreds of fans expected to attend. parkrunners will be able to take part in Saturday's 5km Shellharbour parkrun event, and then either a 5km or 10km fun run on offer at the *Fitness 5/Kerry McCann 10* fun runs taking place in Wollongong on Sunday the 25<sup>th</sup>.

parkrun is a free, weekly, 5km timed event, open to everyone, safe and easy to take part in. parkrun encourages people of every ability to take part, from walkers or those taking their first steps in running - parkrun welcomes everyone!

*Reflections Holiday Parks* CEO Steve Edmonds called the event a great win for both the Shellharbour region and the reserve itself, signalling the growth of Killalea's start-up Shellharbour parkrun to the upcoming national event as a sign of the group's commitment to showcase idyllic 'back to nature' destinations across NSW.

"We are always looking to offer unique experiences not found in your usual holiday hotspot, transforming our traditional camping and caravanning parks and reserves into getaway destinations outside the norm," Mr Edmonds said.

"Holding events such as the *parkrun Adventurers Listener Meetup* allows to actively energise the regional areas in which our parks are found, a tangible sign of the significant role we aim to demonstrate in such communities."

Killalea Reserve Manager Nathan Cattell said the weekly Shellharbour parkrun at the reserve has transformed into a major community event since its inception four years ago.

"Growing from humble beginnings with an undefined track, a coffee van and 53 participants, we now regularly attract in excess of 300 parkrunners from all over the local area, including adventuring parkrunners from interstate and overseas," Nathan said.



“On a Saturday morning I always head up for either a run or coffee so I can see all the smiling faces taking part. As I watch them all take off, whether they are walking or running or eight or eighty years old, it makes me very proud to have contributed to such an event.

“parkrun offers more than just a run, it is a community of wonderful people who not only volunteer their time to ensure that it works, but to ensure that everyone is welcome, regardless of their fitness levels or age.”

Event Director of Highlands parkrun (Melbourne), Gary Murphy, said he looked forward to meeting up with fellow fitness fans from across the country.

“After being inspired by a similar podcast who hold an annual meetup we came up with the perfect excuse to have one of our own, not that we ever need an excuse for a good parkrun adventure,” Gary said.

“We all love adventuring, the podcast and our weekly parkrun, so what better way to come together to celebrate our passion for all three. I look forward to meeting up with all attendees whilst running the trails at Killalea and wish all a happy parkrun in advance!”

*If you're planning to attend the parkrun Adventurers Listeners Meetup book your accommodation now at Reflections Killalea Reserve - for large groups you can book into our specialty bunkhouse! Reserve your spot today at <https://reflectionsolidayparks.com.au/park/killalea-reserve/>.*

**#Ends#**

#### **About NSW Crown Holiday Parks Trust, NSWCHPT**

NSWCHPT was formed in 2013 to consolidate the operations of 28 coastal and nine inland holiday parks and reserves located on Crown land throughout NSW and incorporated three holiday park brands under its corporate banner. (North Coast Holiday Parks, South Coast Holiday Parks and Inland Waters Holiday Parks.)

2017 saw the Group rebrand to *Reflections Holiday Parks* and bring its 37 holiday parks and public recreation reserves on Crown land under the one unified banner. The promise of *Reflections Holiday Parks* is to be *the place where happy holiday seekers and nature lovers will discover the quintessential caravan and camping break and create unforgettable experiences and family memories.*