

1. parkrun

parkrun is a non-profit organisation that gives local communities an opportunity to take part in free, weekly, timed 5 km runs or walks every Saturday. These events take place all over the world and Vitality members can earn fitness points for completing parkruns in South Africa.

In keeping with the global trend towards getting active outdoors, parkrun offers communities a way to switch-up their workout by running or walking through pleasant parkland surroundings, whether it's at a park, along a beach front or through a beautiful reserve.

Whether you're a runner, jogger, or walker – anyone of any ability and fitness level is welcome at parkrun.

What the benefit offers Discovery Vitality members

Discovery Vitality members earn up to 300 fitness points for every parkrun completed. Your points will be awarded as long as you register and link your parkrun profile with Discovery Vitality using your SA ID or passport number, and you scan your barcode after every parkrun.

It will take up to four days for your Vitality points to reflect on your [Vitality Points tracker](#) under 'Points events' on the Discovery app.

Who may use this benefit?

All Discovery Vitality members over the age of 18 who have an active membership can register with parkrun and earn 300 Vitality points for completing a parkrun each week if they have successfully linked their parkrun profile with Discovery Vitality. When you register for parkrun, you agree that your personal and other details may be shared between Discovery Vitality and parkrun to allocate your Vitality points.

What you pay

Participating at parkrun events is free. You will only pay your monthly Discovery Vitality contribution to receive your fitness points.

Getting started

Follow these simple steps to get started:

1. Register for parkrun on www.parkrun.co.za.
2. Sign in to your parkrun profile using your parkrun athlete ID as your username.
3. Click on the **Discovery** option to link your parkrun profile to Vitality.
4. Use your South African ID or passport number to successfully complete the linking process.
5. Remember to print out your personal barcode and get it scanned after every parkrun that you complete.

If you have difficulty linking your parkrun profile with Discovery Vitality, please follow this simple [step-by-step guide](#).

Important: Members earn up to 300 Vitality fitness points for every parkrun completed. It will take up to four days for your points to reflect under [Vitality Points](#) on the 'Track and earn points' page.

Vitality Active Rewards for Teens members will need to register for parkrun themselves for their parkrun activity to count towards their weekly exercise goal.

Find a parkrun location near you

Kick-off your Saturday mornings with parkrun. As soon as you've registered and linked your parkrun profile with Discovery Vitality, find your nearest parkrun venue by visiting www.parkrun.co.za.

You can visit **any** parkrun venue anywhere in the world if you have your personal barcode with you. However, Vitality points will only be awarded for parkruns completed in South Africa.

Information about your parkrun profile

You will not get login details like a username and password from parkrun. They will email you a link to your unique profile. Once you have received the link, remember to bookmark it to access your personal barcode and other details.

There are a few ways to access your parkrun profile:

1. Follow the **Update my details** link in the weekly parkrun newsletter or in the results emails you receive whenever you complete a parkrun.
2. Click on 'Collect and print your barcode' in the registration email you receive from parkrun.

If you can't find these, you can [request a link](#) to your parkrun profile. To do this, you have to enter the email address you used to register with parkrun. If you have more than one address, enter all the addresses you think you've registered under. The link will be sent to the address you used.

If you no longer have access to the email address you used to register or you can't remember the address you used, you can contact parkrun directly. Please do not register again.

Information about your personal parkrun barcode

- To get your personal barcode, go to your parkrun profile. See Information about your parkrun profile.
- Print the barcode with a standard printer on white paper. The barcode and name should be about the size of a credit card. If this is not the case, check that your internet browser is up to date and that links, ads and pop-ups are not blocked. If this does not work to increase the size of your personal barcode, please try a different internet browser.
- The personal barcode identifies all participants and results. Having your barcode helps ensure accuracy of results and speeds up the queues at larger parkrun events. Every athlete registered with parkrun has their own personal barcode. You can print it out and take it with you to every parkrun event to scan at the finish line. It records who you are and what position you finished in. Your Vitality points are awarded after you've scanned your barcode.

Please note: There is a strict 'no printed barcode, no result and no Vitality points' policy at all parkrun events.

In summary

- Link your parkrun profile with Discovery Vitality using your SA ID or passport number.
- Fitness points will take up to four days to reflect on your [Vitality Points tracker](#) under 'Points events' on the Discovery app.
- Keep your personal barcode safe and use it at all parkrun events you complete. It will be scanned at the finish line. When your barcode is scanned, it confirms that you completed the event so that Discovery Vitality can award your points. A [printed barcode](#) or wristband enables the parkrun team to find the ICE (in case of emergency) contact number.
- Do not change the size, mark your barcode or cut into it. You can laminate the barcode to avoid damage.
- Most parkrun events allow you to bring one dog for each runner and all dogs should have harnesses and always be under firm control. In some locations, it may not be possible. Speak to organisers at your local event – contact details are available on the [parkrun website](#) – for more information on dogs.
- Discovery Vitality and the event organisers will not be responsible for damages arising from injuries to any dogs or people at a parkrun event.
- Discovery maintains the right to conduct random audits on participation.

When this benefit ends

You can earn Vitality points for completing parkrun events until your Discovery Vitality membership ends or the Discovery Vitality partnership with parkrun ends.

Stay in touch

If, for any reason, there is a conflict between rules in this benefit guide and the Vitality Rules, the Vitality Main Rules will apply at all times.

If you have any questions or need more information about outdoor sporting events, visit www.discovery.co.za.

Download the Discovery app and follow Discovery Vitality on [Facebook](#), [Instagram](#), [Twitter](#) and [YouTube](#).

Join our Team Vitality [running](#) community on Strava and [running](#) group on Facebook.

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