



Partnership for
Action Learning
in Sustainability

Parkrun



Spring 2025 | HUNH269: Building Community: Showing up for Social Change



Empathy Interviews

Empathy Interviews



- “It’s a very comforting place where I can run at my own pace and I know I won’t be judged.”
- “That’s what I wanted to create, was a village.”
- “There are people I run into at church, work, the university, and in the community from Parkrun.”
- “Everyone is really positive and you get cheered on and whatever pace you feel like doing is great and accepted.”
- “I’ve gained friendships, I’ve met a lot of people doing this.”

**What was your
most memorable
Empathy
Interview?**

Connection to Community



Connection to Community

- Observed many instances of community while visiting Parkrun
- Eating at Board and Brew after
 - In-class reading discussed idea of hours-long meals in other cultures which allow people to talk while eating and form deeper relationships
 - Eating with other members of Parkrun serves this same purpose
- Parkrun provides people a place to build community - functions as a third space for many
 - People stay to talk before and after running
 - Third spaces are disappearing in society, people have no spaces to interact with other members of their community

**How has Parkrun
changed your
perception of
community?**

Our Experience



SECTION

Our Contributions

- Hanging up flyers
- Making posters to cheer runners on
- Creating videos to promote Parkrun
- Community Buddy



How did you
contribute to
Parkrun?

Our Experience

- Felt like a part of the community
- Witnessed the community firsthand



**How did Parkrun
impact you this
semester?**

Key Takeaways



Building Purpose

- Parkrun Inspires
 - Healthy Habits
 - Reach Outside of your Comfort Zone
- Pastime and Hobby
- Make a Difference in Each Other's Lives

**What was your
favorite moment from
Parkrun?**





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