

Chris Visser

Poems on the run

Where poetry meets the 5k spirit

## **Disclaimer**

This collection of poems was lovingly written in celebration of parkrun — the people, the places, the Saturday mornings. While inspired by the parkrun experience, this booklet is a personal project and not officially connected to parkrun or its organisers.

All poems reflect individual perspectives, memories, and moments. Any names or events mentioned are shared with care — and where real, with permission.

This is simply a tribute to a community that moves together — in running, walking, volunteering, and being.

## **Foreword**

I think parkrun is something special. Every week, I see people in my city gathering in the park while, around the world, others are also gathering in parks at the same time to walk, jog, run, or volunteer—and to revel in the fact that, together, we are part of something bigger. There are no winners or losers, no pressure, no entry fees. Just friendly faces, fresh air, and a shared love of going outside and moving.

Whether you're aiming for a personal best or just happy to reach the finish line, parkrun is for everyone. It doesn't matter how old you are, how fast you go, or how often you stop to catch your breath. What matters is that you're there—and part of a welcoming, supportive community.

This booklet is a little ode to everything parkrun means to me: fun, friendship, and the joy of being active together. I hope it inspires you to join in, keep going, or maybe even bring someone else along.

See you soon at the starting line!

Chris

Haarlem, Netherlands 09 August 2025 (my 100<sup>th</sup> parkrun)



**parkrun! parkrun!**

Wednesday, 7.00 a.m.

This is the day that parkrun is getting closer

Thursday, 7.00 a.m.

This is always preparation training in the run up to parkrun

Friday, 7.00 a.m.

Tomorrow is parkrun day

Saturday, 9.00 a.m.

**parkrun! parkrun!**

Sunday, 7.00 a.m.

This is the day after parkrun

Monday, 7.00 a.m.

This is the day that parkrun seems so far away

Tuesday, 7.00 a.m.

This is the day that parkrun seems less far away

Wednesday, 7.00 a.m.

This is the day that parkrun is getting closer

**Me**

I run in the park

I think of the one who founded parkrun



## Sunshine

When I got home after parkrun and looked at  
my barcode

My smile kept growing as if the sun broke  
through