

7 July 2025

## **Palmview locals celebrate milestone 100<sup>th</sup> parkrun**

Sunshine Coast locals laced up their running shoes on Saturday 5 July to celebrate the 100<sup>th</sup> Harmony Boulevard parkrun – a free, weekly fitness event that has become a Palmview favourite since it launched in 2023.

Backed by Harmony community developer AVID Property Group (AVID), the running event has set a benchmark for active communities and welcomed nearly 2,500 runners who have clocked more than 1,000 personal bests<sup>1</sup> on the scenic five-kilometre course.

AVID General Manager Queensland Anthony Demiris said Harmony’s parkrun, part of the established parkrun Australia organisation, is a great example of how well-designed communities can inspire healthy, connected lifestyles.

“It has been exciting to see our parkrun build such a loyal following and create a space for all to enjoy the more than 100 hectares of lush green space our neighbourhood has to offer,” Mr Demiris said.

Harmony Boulevard’s parkrun will mark its second anniversary on Saturday 9 August. Local resident and parkrun Run Director Jo Donohue launched the event to bring community members of all fitness levels together.

“Thanks to AVID’s foundational grant, ongoing promotion and continuous support, Harmony Boulevard parkrun has grown into a vibrant, welcoming weekly tradition that draws locals and visitors from far and wide,” Ms Donohue said.

Around 70 participants join the parkrun each Saturday. It is one of many Harmony-sponsored wellness activities, including the neighbourhood’s Heart Foundation Palmview Walk and Talk, Pilates in the Park, and Harmonise Health and Wellness weekly yoga classes.

Learn more at: [www.parkrun.com.au/harmonyboulevard](http://www.parkrun.com.au/harmonyboulevard)

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### **Reference**

1: <https://www.parkrun.com.au/harmonyboulevard/>

### **About AVID Property Group**

AVID Property Group (AVID) is an award-winning Australian developer, responsible for a diversified selection of residential masterplanned communities, land lease communities, completed houses and apartments, with 50 developments located in key growth areas across Australia’s eastern seaboard.

AVID has a proven track record with the delivery of \$4.9 billion worth of projects over the past 17 years. AVID’s current portfolio includes more than 7,161 residential land blocks and 2,448 homes, with a gross revenue pipeline of \$4.2 billion.

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# Media Release



With a strong record of delivering connected and vibrant communities, AVID and its subsidiaries have created great homes and places for more than 75,000 Australians to live out their dream lifestyle.

Led by highly experienced senior management, AVID brings people together to deliver exceptional communities, valuable shareholder returns and thriving environments for its customers.

For more information, visit [www.avid.com.au](http://www.avid.com.au).

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