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5K Run/Walk to commemorate National Trails Day

COLUMBIA, MO (May 16, 2005) -- The city of Columbia's Parks and Recreation Department is planning a 5K Run/Walk on June 4 in honor of National Trails Day. The run/walk will be held from 9 a.m. to 12 p.m., with participants starting at the Stadium entrance to the MKT Trail.

The event is free and open to the public. The first 25 to finish the 5K will receive a commemorative T-shirt. There will be other giveaways as well and staff from the Columbia Parks and Recreation Department will be available with trail maps and information displays. They will also share future plans for trails in Columbia.

National Trails Day was established by the American Hiking Society as the only nationwide event that celebrates the benefits of trails. Events similar to the one scheduled in Columbia will be held throughout the country.

The Columbia Parks and Recreation Department manages more than 30 miles of trails throughout its park system, including the MKT Nature/Fitness Trail, the Bear Creek Trail and the Hinkson Creek Trail.

Call 874-7460 for more information about the 5K Run/Walk or visit www.GoColumbiaMo.com. Pre-registration is not required.