



# News Release

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## **5K Run/Walk and Nature Expo Planned on National Trails Day**

The city of Columbia's Parks and Recreation Department is planning a 5K Run/Walk and Trailside Nature Expo on June 3 in honor of National Trails Day. Both are free and open to the public.

The run/walk will be held from 9 to 10 a.m., with participants starting at the Stadium entrance to the MKT Trail. The first 25 to register for the 5K will receive a commemorative t-shirt. The 5K is not a timed event.

The Nature Expo will be held from 9 a.m. to noon at the Forum Nature Area. Parks and Recreation is teaming up with local organizations such as Columbia Audubon, the Hinkson Creek Project, and the Native Plant Society-Hawthorn Chapter to host the event, which will feature plenty of educational and fun hands-on displays for all ages. Displays will feature topics relevant to preserving the natural environment of Columbia's parks and trails.

Several tables at the Nature Expo will feature children's activities and others will feature information on native plants, wildlife, wetlands, watershed friendly lawn care, pruning demonstrations and caves. The Columbia TreeKeepers will also have information about volunteering for the program.

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 and Nature Expo or visit [www.GoColumbiaMo.com](http://www.GoColumbiaMo.com). Pre-registration is not required.