



News Release

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5K Run/Walk, 10K Bike Ride and Nature Expo Planned on National Trails Day

The city of Columbia's Parks and Recreation Department is planning a 5K Run/Walk, 10K Bike Ride and Trailside Nature Expo on June 2 in honor of National Trails Day. All events are free.

This is the third annual celebration of National Trails Day in Columbia. The Bike Ride is a new feature this year. It will begin at 9 a.m., with participants starting at the Stadium entrance to the MKT Trail. The first 10 to register for the 10K will receive a commemorative t-shirt. The Run/Walk will start at 9:30 a.m. at the same location with the first 10 to register also getting a t-shirt. Neither event is timed.

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 the Missouri Department of Conservation, 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. A live peregrine falcon will also be on display.

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 and the Girl Scouts will participate by planting native plants.

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 or visit www.GoColumbiaMo.com. Pre-registration is not required.