



News Release

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

Columbia Parks and Recreation Department is honoring National Trails Day again this year with a 5K Run/Walk, 10K Bike Ride and Trailside Nature Expo on June 7. All events are free.

This is the fourth annual celebration of National Trails Day in Columbia. The 5K and 10K will begin at 9 a.m., with participants starting at the Stadium entrance to the MKT Trail. The first 10 runners/walkers and first 10 bicyclists to register will receive a commemorative t-shirt. Registration begins at 8:30 am. The events are not 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 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 stream restoration, native plants, wildlife habitat, and other issues relevant to preserving the natural environment of Columbia's parks and trails. Columbia Parks and Recreation staff will be available with trail maps and information about the Columbia TreeKeeper program. Examples of caving gear will be on display from the local chapter of the National Speleological Society and a falconer will have a live Peregrine hawk at the event.

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 37 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.