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 with a 5K Run/Walk, 10K Bike Ride and Trailside Nature Expo on June 5. All events will take place at the Stadium access point of the MKT Trail and are free.

This is the sixth annual celebration of National Trails Day in Columbia. The 5K and 10K will be held from 9-10 a.m. It is an untimed event and pre-registration is not required.

The Nature Expo will be held from 9 a.m. to noon. Parks and Recreation is teaming up with local organizations such as the Missouri Department of Conservation, Master Naturalists, Rock Bridge Memorial State Park, and the Chouteau grotto (caving enthusiasts) 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. Parks and Recreation staff will be available with trail maps and information about the Columbia TreeKeeper and C.A.R.P. programs.

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.

Call 874-7460 for more information or visit www.GoColumbiaMo.com.

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