



FOR IMMEDIATE RELEASE
City of Duluth Parks and Recreation Division

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DATE: 10/07/2009

SUBJECT: Hike for Health

BY: Amy Norris, Public Information Coordinator at 218-730-4312

Superior Hiking Trail, Fit City Duluth and Hartley Nature Center Sponsor the Hike for Health

The Superior Hiking Trail, Fit City Duluth and Hartley Nature Center will host the first annual Hike for Health on Saturday, October 10th at 10 am at Hartley Nature Center, 3001 Woodland Ave., Duluth, MN 55803. The organizations aim to raise awareness of the Superior Hiking Trail and all hiking opportunities in the City of Duluth.

There will be two hikes- a 1 mile family hike and a 5 mile long hike. The event is free and open to the public. There will be prizes for the kids (must be accompanied by an adult), free Camelbak bottles (while supplies last), and information tables. The event will take place rain or shine, so come fight nature deficit disorder and hike on the beautiful trails in Duluth!

Additional information is available at www.shta.org

Tracy Lamparty, Superior Hiking Trail Board of Directors: 651-402-5988 or tlamparty@yahoo.com