



FOR IMMEDIATE RELEASE
City of Duluth Parks and Recreation Division

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DATE: 05/28/2013

SUBJECT: Duluth National Trails Day Celebration held Saturday, June 1st.

BY: Amy Norris, Public Information Coordinator

Duluth National Trails Day Celebration held Saturday, June 1st.

The City of Duluth will be joining communities across the country in celebration of America's magnificent Trail System. Duluth's National Trails Day celebration will be held on Saturday, June 1st. Individuals, clubs and organizations from around Duluth will host National Trails Day events to share their love of trails with friends, family, and our community.

Duluth's trails allow us access to the natural world for recreation, education, exploration, solitude, inspiration, and much more. Trails give us a means to support good physical and mental health; they provide us with a chance to breathe fresh air, get our hearts pumping, and escape from our stresses. All it takes is a willingness to use them!

National Trails Day highlights the important work hundreds of volunteers do each year to take care of our trails. Trails do not just magically appear for our enjoyment; their construction and maintenance takes hours of dedicated planning and labor. So give thanks to your local volunteers and consider taking a day to give back to your favorite trail.

National Trails Day Events – June 1, 2013

Cyclists of Gitchee Gumees Shores (COGGS) Trail Work Day, 10 am. Meet at the Second Bridge on Seven Bridges Road. Help COGGS work a re-route on the Duluth Traverse in Lester Park on St Louis County land. For more info: Daryl Peterson, 218-349-2617 or dpeterson@mnlnd.org. No experience necessary, tools provided or bring your own if you have them.

Duluth Area Horse Trail Alliance (DAHTA) Trail Work Day, 9 am. Meet at the top of Gogebic Street and the DWP railroad trail. Help DAHTA help brush on the Duluth Traverse and the soon to be constructed equestrian trail. For more info: Kathy Shopa, 406-261-4048, kkstable@cyberport.net

. No experience needed, tools provided or bring your own if you have them.

Duluth Cross Country Ski Association (DXC) Trail Work Day, noon- 3:00 pm. Meet at the end of Fairmont Avenue, just off Woodland Avenue. Help DXC brush out and move fill material on the ski trails in Hartley Park. For more info: John Ipsen, 218-724-5453, jkjl@clearwire.net

. No experience needed, tools provided or bring your own if you have them.

Over the Hill Night Riders Snowmobile Club Trail Work Day, 9 am. Meet at the Cody Street entrance to the snowmobile trail near the Allendale Motel. Help the snowmobile club brush out their trails heading up to Skyline Parkway. For more info: Joe Bullyan, 218-729-9111, jbullyan@bullyan.com

. No experience needed, tools provided or bring your own if you have them.

Superior Hiking Trail Association (SHTA) plans a hike to celebrate National Trails Day with a ribbon cutting ceremony and a hike on the newly constructed trail sections between Duluth and Two Harbors, 10 am. Meet at the Martin Road trailhead, located in the snowmobile trail parking lot. For more info: Gayle Coyer, 218-834-2700, hike@shta.org. Bring plenty of water and snacks and dress for the weather.

Hawk Ridge Bird Observatory (HRBO) is planning on two guided hikes throughout Hawk Ridge Nature Reserve to celebrate National Trails Day. Meet at the main overlook at 9:45 am or 2 pm on East Skyline Parkway. For more info: Bob Owens, 218-349-8334, rmowens@aol.com. Bring plenty of water and snacks and dress for the weather.

Wheels on Trails (WOT) is celebrating National Trails Day at Hartley Nature Center from 10-2 with a tent full of information about universal accessibility, their many upcoming events and ways you can volunteer with the organization. Meet them near the nature center at 3001 Woodland Ave, Duluth for a people with disabilities trail walk. For more info: Jamie Sieberg 218-726-4725 or sieb0123@d.umn.edu.

Hike for Health on the Hartley Trails with CHOICE, Unlimited. Hike will be held on the most accessible parts of the park and trails in Hartley Park. Meet them near the nature center at 3001 Woodland Avenue, Duluth. Registration opens 9am, 1.5 mile hike begins at 10am. For more info: Kristie Buchman 218-522-0577 or kbuchman@choiceunlimited.org.

Kay Marie Sisto Memorial Walk/Run on the Western Waterfront Trail. 5K walk/run registration 11-12:30, walk/run begins at 1 pm. Meet at Western Waterfront Trailhead behind the Willard Munger in on Grant Avenue near the Lake Superior Zoo. For more info: Gracia Swensen 218-525-5753 gswensen@theduluthmodel.org.

Walk for Hope, Minnesota Teen Challenge on the Lakewalk. 1.25 mile walk begins and ends at East High School at 9 am. For more info: Keith Johnson, 218-740-5522 keith.johnson@mntc.org.

Fundraising Running Races on the Lester Park Trails: Congdon Cougar Chase. 10K at 8am, 5K at 8am, 1k kids race at 9:30am to benefit the Congdon Park Elementary School Foundation. Meet at the entrance to Lester Park on the Lester River Road just north of Superior Street. For more info: David Worley, 218-726-8691, congdoncougarchase@gmail.com. <http://www.northlandrunner.com/run?page=Race&raceId=1936>

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