



**national get outdoors day**

For Immediate Release

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**NATIONAL GET OUTDOORS DAY BRING BIG ADVENTURES TO DENVER'S CITY PARK  
SATURDAY, JUNE 12**

DENVER, Colo. — April 29, 2010 □ Want to ski in June in City Park? Outdoor adventure hits Denver City Park Saturday, June 12 when National Get Outdoors Day kicks off with mountain biking, dry slope skiing, fishing, climbing walls and many more activities that will inspire kids of all ages to play in Colorado's natural backyard. With a renewed focus on getting our kids active and healthy, National Get Outdoors Day will show Denver's youngsters and their families just how fun and easy it can be to get outdoors - from their local parks to the state's mountains and public lands.

“National Get Outdoors Day will open doors for kids of every demographic and age group to adventures in their own backyard,” said Susan Alden Weingardt, partnership liaison for the United States Forest Service. “We believe it will inspire kids of all ages to be environmental stewards and to be curious about the world outside their front doors.”

Getting kids outside is also a large part of teaching a healthier lifestyle. Recent studies show the younger generation spends more than 6.5 hours a day watching screens and are six times more likely to play a computer game than ride a bike. Children are four times more likely to be obese than previous generation. And, more than \$160 billion in direct public spending is now attributable to largely preventable chronic illnesses.

“The statistics surrounding the health of our nation's kids are frightening and National Get Outdoors Day is a trigger to help motivate our local youth to become healthy and active,” said Weingardt.

In its third year, National Get Outdoors Day brings together more than 100 agencies, non-profit organizations and companies that are committed to kids and the environment. Created in partnership between the US Forest Service and the American Recreation Coalition in 2008, the Denver event has become the signature and largest Get Outdoors day event in the nation. Last year the event drew more than 5000 people to City Park.

This year, meet special guests Smokey Bear and Woodsy Owl and take part in safe and supervised activities designed for the whole family such as rock climbing, obstacle courses fitness challenges and Junior Ranger Camp. Learn how to pack and prepare for a camping trip and where to find the best hiking trails for families. Also featured at National Get Outdoors Day:

- The world's largest Chicken Fat Dance

- Learn to fish, ski, canoe, mountain bike, dance, set up a tent, hula hoop, rock climb or earn Scout Merit Badges at the Junior Ranger Camp
- Learn how to grow a garden and eat locally with a farmer's market
- Music and dancing, food and prizes including ski passes, camping, fishing, hiking gear and more.

National Get Outdoors Day is becoming a community event, designed by the community for the community. The following core began planning for the event in early October of 2009: Colorado State Parks, Colorado Division of Wildlife, Denver City Parks, US Department of Health and Human Services, Colorado Department of Public Health and Environment, Vail Resorts, REI, Choose Outdoors, SOS Outreach, Audubon, the National Wildlife Federation, Redirect, Alpino Mountain Sports, USGS, Sargent Studios and the US Forest Service.

For more information visit [www.getoutdoorscolorado.org](http://www.getoutdoorscolorado.org)

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