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PRESS RELEASE

For immediate release through September 28, 2013

At least 100 volunteers expected for National Public Lands Day event in Missoula

Missoula Parks and Recreation will host a volunteer work day, a "Prescription For Fun" Walk, a historical tour and picnic lunch at Fort Missoula Regional Park on Saturday, September 28, as part of national program.

On Saturday, September 28, volunteers around the nation, including about 100 local residents at Fort Missoula Regional Park, will visit their favorite parks, beaches, wildlife preserves, or forests and chip in to help improve these treasured places – and to celebrate the 20th annual National Public Lands Day, the largest, single-day volunteer event for public lands in our country.

National Public Lands Day is an event that brings together thousands of volunteers from coast to coast to improve and restore the lands and facilities that Americans use for recreation, education, exercise and just plain enjoyment. Last year about 175,000 Americans participated at more than 2,200 sites in all 50 states, Guam, Puerto Rico and Washington, D.C.

WHO: The public is invited! All ages are welcome.

WHAT: Volunteer projects including trail restoration and bench construction, a .9 or 1.5-mile "Prescription For Fun" Walk, a historical tour of Fort Missoula, picnic lunch for all participants.

WHEN: Saturday, September 28, 2013, 8:30 a.m. to 1:30 p.m.

WHERE: Fort Missoula Regional Park

Prescription For Fun Walk: Check in 8:30 – 9 a.m. at picnic shelter

Volunteer Work Projects: Check in 9:30 – 10 a.m. at Rocky Mountain Museum of Military History

Historic Tour: Meet at 11 a.m. at Rocky Mountain Museum of Military History

Picnic lunch: 12:30 p.m. near Historic Fort Missoula

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Missoula's celebration will include the grand opening of Fort Missoula's "Prescription Trail," a 1.5-mile walking path within the park adjacent to Community Medical Center. CMC physicians are using the trail to prescribe a walking regimen to their patients to treat or prevent chronic diseases like diabetes, heart disease, obesity and hypertension. Fort Missoula's Prescription Trail is part of Montana State Parks' Trails Rx program to connect local medical providers and their patients with parks and trails.

The "Prescription For Fun" Walk begins at 9 a.m., and check-in begins at 8:30 a.m. at the Fort Missoula picnic shelter. "Prescription Trails" and "Exercise Is Medicine" are national movements to strengthen connections between the healthcare system, physical activity and public lands. More information about Fort Missoula's Prescription Trail and Montana Trails Rx can be found at www.missoulaparks.org, www.bikewalkmontana.org and www.communitymed.org.

The September 28th celebration will also feature volunteer projects including trail restoration and building new tables and benches for the park, a historic tour of Fort Missoula, and a picnic lunch for all participants. Volunteer projects will start at 10 a.m. and the historic tour begins at 11 a.m. To volunteer, phone 552-6271 or check in before 10 a.m. on September 28th at the Fort Missoula Museum of Military History, adjacent to the Historical Museum. The historic tour also begins at the Museum of Military History. All participants are invited to a picnic lunch at 12:30 p.m.

National Public Lands Day in Missoula is hosted by Friends of Fort Missoula Regional Park, Mayor John Engen, Missoula Parks and Recreation, REI, Community Medical Center, Run Wild Missoula, Rocky Mountain Museum of Military History and Montana Conservation Corps.

More information about National Public Lands Day can be found at www.missoulaparks.org, fortmissoulapark.org, and publiclandsday.org.

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