



national get outdoors day

a celebration of get outdoors colorado

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Fact Sheet

WHAT: Thousands of Colorado kids and families will learn ways to “GO- GET OUTDOORS” at the fourth annual *National Get Outdoors Day Denver*, a free, public event. The action-packed day features music, food and prizes, plus:

- * A Climbing Wall
- * Mountain Biking
- * Canoeing and Kayaking
- * Fishing
- * Meet Smokey Bear
- * Tips for outdoor cooking
- * Wildlife Tracking
- * “How-To” Camping Demonstration
- * Junior Ranger Camp
- * Stage Activities
- * Learn to read a map and compass
- * The CBS Channel 4’s *Fit for Colorado Walk*

WHO: Come one; come all, to this free event for anyone who is interested in learning new ways to be active outdoors.

National Get Outdoors Day Denver is an accessible event. A number of activities provide accommodations for those with disabilities. Event organizers want to ensure, however, that accommodations are adequate and ask those with disabilities to contact event organizers through the website with any special needs that may need extra attention.

National Get Outdoors Day Denver is presented by the US Forest Service. In addition, more than 80 community partners, including city, state, and federal government agencies, as well as non-profit organizations and local businesses have donated their time, energy and resources towards making this event a success.

WHEN: Saturday, June 11, 2011
9 a.m. – 3:30 p.m.

WHERE: Denver’s City Park
E. 17th Ave, Denver, CO

WHY: Frequent outdoor activity helps kids maintain a healthy weight boosts their immunity and bone health and lowers stress.

Bringing these activities into the city at *National Get Outdoors Day Denver* gives many Denver urban youth the opportunity to experience a variety of outdoor activities that they may not have access to otherwise.

FOR MORE INFORMATION: visit <http://www.getoutdoorscolorado.org/index.htm>.

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