

# NEWS RELEASE

Get Outdoors Colorado Celebrates National Get Outdoors Day

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## **Free Community Event Inspires Kids to Get Outdoors, Get Connected to Nature**

**DENVER** – Families and kids of all ages are invited to attend National Get Outdoors Day at Denver's **City Park on Saturday, June 9<sup>th</sup> from 10 am to 3:30 pm.** [Get Outdoors Colorado](#) celebrates its fifth annual free community event to inspire kids and families to get outside, get active and get healthy. Denver is one of about 50 National Get Outdoors Day events in the country and was selected among eight sites as a signature event recognizing its exceptional ability to introduce thousands to the Great Outdoors.

National Get Outdoors Day in Denver features free activities for families and kids of all ages that highlight programs and services offered by the dozens of partner organizations of Get Outdoors Colorado. Everyone involved with this event is committed to eliminating the barriers to exploring the outdoors, getting more active and engaging in healthy lifestyles.

Support by the U.S. Fish and Wildlife Service of Get Outdoors Colorado furthers one of the agency's priorities to get people outdoors and connected to nature. This unique event will provide valuable information and tools for Colorado residents to get outside and enjoy nature throughout the metro region."

"When kids are active outside they are healthier. When these activities lead to an active outdoor lifestyle, they are more inclined to be connected to nature. When they are connected to nature, they are more likely to take care of it; and the cycle continues," said Susan Alden, NGOD Event Coordinator, USDA Forest Service, Rocky Mountain Region.

Get Outdoors Colorado teamed up with the [Boys and Girls Clubs of Metro Denver](#) this year to engage with their members to help connect with nature and encourage active, healthy lifestyles. Here is what one of their camp participants said about their experiences in nature, which is what this effort is all about:

"Nature has also inspired me to jump out of my bubble. I have experienced various new things such as the zip line, rock climbing, repelling and many other things. With Nature there really isn't a comfort zone. That is mainly because in the outdoors I am comfortable to be myself, explore new people with common interests. Nature has inspired me to be me," wrote Jocelyne Raygoza.

Nearly 100 exhibitors will offer free, fun and exciting outdoor activities. The USFWS will have a booth highlighting why "Fishing is Fun", a visitor's guide to National Fish Hatcheries, and coloring books. They will also be helping with the actual fishing activity at the lake in City Park. Here is just a sampling of other activities and attractions offered on June 9<sup>th</sup>:

- Joe Mays, Denver Broncos linebacker, will also make an appearance and engage with participants during the event.
- Canoeing, kayaking and fishing
- Rock wall climbing, mountain biking and bike rodeo
- Hula hooping, Zumba, drum circle, and family competitions
- Junior Ranger activities, wildlife activities, bird watching and more
- Expressive arts village will tap nature's beauty and create many forms of art from culinary to the interpretive.
- Adaptive sports organizations will host several activities that allow people of all abilities to enjoy a range of outdoor experiences like canoeing, cycling, ice skating, yoga and more!

In addition, about a dozen food vendors will be ready to provide the healthy and tasty fuel one needs to stay active.

[Get Outdoors Colorado](#) also announces an international ["Get to Know Your Wild Neighbors"](#) art competition sponsored by the [Get to Know Program](#). This contest invites young people to spend more time outdoors and submit original works of art, writing, photography, video or music inspired by the natural world. Youth (19 and younger) interested in this contest, can visit the Expressive Arts Village at [National Get Outdoors Day](#) to learn more about how to submit artwork by July 16, 2012.

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**Sponsors of this event include:**

- United Healthcare
- Vail Resorts
- Channel 7/Azteca
- REI
- The North Face
- Timberland
- Alice and the Mountain radio stations
- USDA Forest Service
- Colorado Parks and Wildlife
- Denver Parks and Recreation
- USGS
- National Park Service



**Organizing partners include:**

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| <ul style="list-style-type: none"> <li>• Audubon Society of Greater Denver</li> <li>• Big City Mountaineers</li> <li>• Colorado Therapeutic Recreation Society</li> <li>• Fall Creek Branding</li> <li>• US Department of Health and Human Services</li> </ul> | <ul style="list-style-type: none"> <li>• GPRed</li> <li>• Play it Forward</li> <li>• President's Council on Physical Fitness</li> <li>• Roothouse Studio</li> <li>• Volunteers for Outdoor Colorado</li> </ul> |
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