

# National Trails Day *June 7th*

Trails provide Americans with a variety of opportunities to improve their health through physical activity. National Trails Day, which is held the first Saturday of every June, unites hundreds of organizations, parks, retailers, and health providers that are hosting events with information and activities honoring trails across the United States.

There are many organizations that preserve the trails so everyone can enjoy them. Facilities Director, Jacki Dunlap has spent many hours volunteering for Washington Trails Association, [www.wta.org](http://www.wta.org), rebuilding portions of the Sauk River Trail, that were damaged during the winter storms in 2006-2007. "Even if you are inexperienced in construction or landscaping, the volunteer coordinators are there to assist and instruct. With the recent cutbacks in National Parks, the work of the volunteers is crucial. Everyone can help!"

Join us in discovering our local trails with Jody Garcia's Trail Navigating Series, which is a thorough introduction to NW Trails. Jody's seminar will teach you to prepare yourself for hiking in the Northwest. For more information please contact Jody directly at [jgarcia@sacdt.com](mailto:jgarcia@sacdt.com).