



# Community Feature

## Parks, Recreation and Open Space

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### **FOR IMMEDIATE RELEASE**

June 4, 2014

[wakegov.com/news](http://wakegov.com/news)

### **CELEBRATE HEALTHY LIFESTYLES WITH ATT'S "ON THE TRAIL TO HEALTH"**

Wake County's [American Tobacco Trail](#) invites the public to "On the Trail to Health" to celebrate healthy lifestyles. This free event will take place on Saturday, June 14, 2014, 9 a.m. to 12 p.m. at the White Oak Parking Area, 1305 White Oak Church Road, Apex.

Park staff and exhibitors will lead participants in various fun demonstrations and hands-on activities, including a scavenger hunt for kids, morning hula-hooping, golfing and many more.

There will also be two other special events:

- Contemporary acoustic tunes by [CityFolk](#), from 9:30 to 11:30 a.m.
- [TORC](#) (Triangle Off Road Cyclists) will lead a bike ride on the American Tobacco Trail from 9 to 11 a.m., starting from the White Oak Parking Area. This ride is open to all skill levels. Children must be accompanied by an adult. Please RSVP on the TORC Meet-Up page: [www.meetup.com/torc-nc/events/calendar](http://www.meetup.com/torc-nc/events/calendar).

#### **Participating exhibitors include:**

North Carolina Geocachers Organization, Karen Tiede Hooping, Triangle Rock Club, TGA Premier Golf & Tennis, The Positive Pit Bull, Omega Sports, WakeMed Triangle Rails to Trails Conservancy, Cary Area Disc League, North Carolina Horse Council, Wake County Master Gardeners, Earth Fare, Toxic Free NC, Triangle Off-Road Cyclists, and Wake County Parks, Recreation and Open Space.

The event takes place rain or shine. In the event of inclement weather, call 919-387-2117. For additional information, visit [www.wakegov.com/parks/att](http://www.wakegov.com/parks/att).

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[www.wakegov.com](http://www.wakegov.com)