

CONSERVANCY

for CUYAHOGA VALLEY NATIONAL PARK

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FOR IMMEDIATE RELEASE

NATURE AND HEALTH GET A RUNNING START THIS OCTOBER

Peninsula, Ohio (Monday, September, 26, 2011) – Many people strive to find time to exercise. But what if you could experience the beauty of nature while getting in a work-out? The Conservancy for Cuyahoga Valley National Park has a way for people in Northeast Ohio to accomplish both on a weekly basis this October with its Fall Running Series.

The Conservancy's Fall Running Series allows participants to experience the colorful fall landscape of Cuyahoga Valley National Park each week. Timed races will occur each Tuesday with non-competitive runs being held the following Wednesday. A "Full Moon Run" will also be held on Friday, October 14.

The Fall Running Series will begin at 6 p.m. on Tuesday, October 4 at the Virginia Kendall Ledges Shelter. The shelter is located at 701 Truxell Road in Peninsula 44264.

"We started out with a small group of runners. People keep telling their friends about how much they enjoy this event, and it has continued to grow each year," said Fall Running Series founder and Conservancy for Cuyahoga Valley National Park Finance Committee Chairman Guy Gadomski. "People have really responded to the Fall Running Series because it offers something completely different from other running events— a chance to compete with others in a unique set of races while being surrounded by the amazing fall backdrop of a national park."

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For complete details and to register please call (330) 657-2909 ext. 136 or visit www.conservancyforcvnp.org.

About the Conservancy for Cuyahoga Valley National Park

The Conservancy for Cuyahoga Valley National Park is a non-profit organization created to engage public support for the park and provide services to enhance public use and enjoyment of the park. For more information about the Conservancy and its programs, visit www.conservancyforcvnp.org or call (330) 657-2909.

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