

**FOR IMMEDIATE RELEASE:**

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## **Celebrate National Trails Day with St. Charles County Parks on June 6**

*St. Charles County, Missouri* – Celebrate National Trails Day at Indian Camp Creek Park near Wentzville, Missouri, on Saturday, June 6, by participating in the Sunset Sizzler, a 15 or 30 mile mountain bike race that starts just before sunset and continues into the night! Outdoor enthusiasts from across the region will join together in celebration of America’s magnificent trails system by showcasing St. Charles County Parks’ beautiful landscape at Indian Camp Creek Park.

“Our extensive park trail system offers citizens a means to support good health; it provides them with a chance to get outdoors and breathe fresh air, get their hearts pumping, and escape from daily stresses,” said St. Charles County Parks and Recreation Director Bettie Yahn-Kramer. “That’s why it’s so important to celebrate the love of trails with friends, families, and their communities.”

Children of all ages will kick the event off at 6 p.m. with a fun ride through park trails before the adults take the course. All riders must wear a helmet and adults must have a light 200 lumen or greater to participate. Awards will be given to top finishers in each category.

This exciting mountain bike race gives families a chance to experience Indian Camp Creek Park’s vast trail system after hours. Competitors will cross scenic prairies, wooded hillsides, the flats along Big Creek and Indian Camp Creek, and encounter a few challenging climbs, while riding in the Sunset Sizzler.

Competitors may register individually, or as two-person co-ed, male or female teams in the Sunset Sizzler race. Register online at [www.stccparks.org](http://www.stccparks.org) or contact the St. Charles County Parks and Recreation Department at 636.949.7535.

**(MORE)**

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The St. Charles County Parks and Recreation Department has developed more than 42 miles of natural-surface and paved trails for hiking, biking and equestrian use. As the department continues to grow and develop new area in the 11 parks currently open to the public, so does the regional trails system. To learn more about the St. Charles County Parks regional trail system, citizens may download a free trail brochure from the County website.

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