



Carson Valley Trails Association  
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**Media Release - For Immediate Release**

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### **Carson Valley Trails Association Plans “Hike for Health” Hike-a-Thon Fundraiser and “Smart Hiking” Workshop**

The Carson Valley Trails Association (CVTA) is planning a “Hike for Health” Hike-a-Thon to raise funds for the Genoa Foothill Trail System Project. The Hike-a-Thon begins Wednesday, April 22 (Earth Day) and ends Saturday, June 6 (American Hiking Society’s National Trails Day®). The “Hike for Health” Hike-a-Thon offers participants the opportunity to engage in a healthy, outdoor activity and to learn about trails in the Carson Valley and the surrounding area. Participants may sign up individually or as teams. A \$5 registration fee is required (registration fee waived for participants age 15 and under). Participants have the option of securing pledges for the miles they hike, or making a lump sum cash donation. Participants will hike or walk wherever they choose from April 22 through June 6. CVTA will provide participants with a list of suggested hikes, easy to strenuous. Group hikes are planned for April 22 and June 6. For detailed information about the Hike-a-Thon, including the registration packet, visit the CVTA website: [www.carsonvalleytrails.org](http://www.carsonvalleytrails.org), or contact Chic Moxley, 775-265-0766, or Melissa Granat, 775-783-1764.

To help Hike-a-Thon participants prepare, CVTA will present a free “Smart Hiking” workshop, Monday, March 30, 6 pm, at Sierra Crest Academy, 1701 Lucerne, Minden. The workshop will focus on the benefits of using Nordic trekking poles while hiking, including burning more calories with less stress, reducing stress in the lower back and upper knees, and safer hiking. The workshop presenter, Mike Hewitt, is a wellness director, health coach, medical fitness expert and an internationally certified sports scientist.

CVTA received a \$396,378 Question 1 grant from the Nevada Division of State Lands to help fund environmental assessments, land surveys and construction of the first two of three phases of the non-motorized Genoa Foothill Trail System, to be located in the foothills of the Carson Range west of the Town of Genoa, and to the north and south, from Adams Canyon (west of the Eagle Ridge development) to the Kingsbury Grade. CVTA will work in partnership with Douglas County, the U.S. Forest Service, the Nature Conservancy, The Tahoe Rim Trail, The Town of Genoa and private landowners to complete the Genoa Foothill Trail System project. Work on the environmental studies is expected to begin in the Spring of 2009. Final construction and opening of the trail system is expected in 2012.

The Carson Valley Trails Association is a nonprofit, volunteer based organization working with partners to provide access to public lands through a recreational trail system for present and future generations to enjoy. More information about CVTA and the Genoa Foothill Trail System project is available online: [www.carsonvalleytrails.org](http://www.carsonvalleytrails.org).

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