



Black Forest Fire Rescue

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For Immediate Release

4 Miles in the Forest trail run/hike scheduled June 19

Run with a firefighter! Here's a chance to enjoy the beauty of Black Forest and get some good exercise while doing so. Black Forest Fire Rescue is sponsoring 4 Miles in the Forest, a trail run/hike through a scenic section of the forest.

Firefighters in their wildland firefighting uniforms will gather with runners and hikers at the Black Forest Section 16 trailhead parking lot on Burgess Road between Herring and Vollmer roads at 6 p.m. on Friday, June 19, for the inaugural run/hike on the four-mile loop of dirt trail. The route winds along a path up and down small hills with periodic breathtaking views of Pikes Peak.

Registration fee is \$25. Proceeds go toward defraying costs of the department's wildland firefighting equipment. Participants who register by June 12 will receive a T-shirt. (First come, first served after June 12; no child sizes available.)

Participants may pick up event packets 9 a.m. to 4:30 p.m. June 17-19 at Black Forest Station 1, 11445 Teachout Road, or at the trailhead beginning an hour before the event. Participants must sign a waiver; parents must sign for children under 18.

There will be one water station on the course. Participants should bring their own water for before and after the run/hike. No dogs, bicycles or motorized vehicles are permitted. Baby strollers are allowed but should be used with care. Parking is limited; carpooling is strongly encouraged.

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Register online at: www.active.com/colorado-springs-co/running/races/4-miles-in-the-forest-2015.

For additional information, call Station 1 at 495-4300.

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