



For Immediate Release:

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New Adventure Event for Kids and Youth

North Vancouver, B.C. North Vancouver Recreation & Culture (NVRC) launches North Van STRONG, a new active adventure event for kids and youth on Saturday, May 27th from 11:30am-1:30pm at Loutet Park in North Vancouver.

North Van STRONG is a two kilometer course for youth ages 8 -16 years old that features 20 fun and challenging obstacles. The course will take 30-45 minutes to complete and is designed with the goal of promoting fun and team play. The obstacles will vary from crawling to climbing, walking to running, carrying to throwing, as well as problem solving. Any participant who is unsure about an obstacle is encouraged to try something else, ask for help, or move on to the next challenge.

North Van STRONG is an event that targets not only youth who are active, but also those who may not be involved in organized sports and are curious to try something new and fun.

NVRC's mission is to build healthy families, individuals, and communities and North Van STRONG is an exciting new annual opportunity to promote a healthy, active lifestyle for all kids and youth.

"We recognize that physical activity is much more than simply moving your body- it is about creating a culture of spirit and enthusiasm. Our goal is that youth will come out and explore the outdoors, get dirty, laugh, and have fun!", said Tracy Wakulak a NVRC Fitness Centre Supervisor and one of the race planners.

Response to the race has been so positive that registration is now full with a waitlist. Kids and youth wanting to go on the waitlist can call 604-987-PLAY (7529). The race fee is \$20.

Community members are welcome to attend and cheer on the participants. Loutet Park is located at 1700 Rufus Avenue in North Vancouver.

Note: Photos available

For more information, contact:

North Vancouver Recreation & Culture
Anne Rodgers
Communications Coordinator
CELL: 604-992-0210 Email: rodgersa@nvrc.ca