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**For Immediate Release– May 29, 2008**

**Foothills Park & Recreation District events**

**Foothills Touch-a-Truck event – Saturday, June 7**

Touch, climb on, hop in and experience what big trucks are really like at Foothills Park & Recreation District's Touch-a-Truck event on Saturday, June 7 from 10 a.m. – noon at the Ridge Recreation Center (6613 S. Ward St.). The event is free to the public and every child must be accompanied by an adult. For more information call 303.409.2525 or visit [www.ifoohills.org](http://www.ifoohills.org).

**Group Personal Training Program starts June 9**

Foothills Park & Recreation District offers a group personal training program including: group training twice a week for six weeks, two (2) one-on-one personal training sessions, weekly incentives, goal setting workshops, nutrition seminar and fitness assessment. Cost is \$132 (District Rate: \$120) and program runs June 9 – Aug. 1. Orientation begins Monday, June 9 at 5:30 p.m. at the Peak Community & Wellness Center (6612 S. Ward St.). For more information call 303.409.2263 or register at [www.ifoohills.org](http://www.ifoohills.org).

**Fall Marathon Training begins June 11**

Running a fall marathon this year? Get ready for your 26.2 mile journey with Foothills Park & Recreation District. Workouts will focus on speed work and the long run, two key components of getting you across the finish line. Training consultation and weekly training schedules included. Cost is \$132 (District Rate: \$120), program runs June 11 – Aug. 27. First meeting is Wednesday, June 11 at 6 p.m. at the Peak Community & Wellness Center (6612 S. Ward St.). For more information call 303.409.2263 or register at [www.ifoohills.org](http://www.ifoohills.org).

**Stroller Fit class for baby and you, starting June 9**

Get in shape, make new friends and watch your baby love fitness with you in Foothills Park & Recreation District's Stroller Fit class. Four week classes run from 9-10 a.m. on Monday, Wednesdays and Fridays - fees vary depending on number of visits per week. Class sessions begin Monday, June 9. For more information call 303.409.2264 or register at [www.ifoohills.org](http://www.ifoohills.org).

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**Are you Fitter than a 5th Grader, June 7**

Foothills Park & Recreation District is hosting this fun fitness challenge for adults. Based on the new Presidential Challenge Standards for Fitness, participants will compare their skills and abilities against the standards for a healthy fifth grader. Fitness assessments and fun challenges will be run by certified fitness instructors. Pre-registration to participate in the challenge is required; fee is \$10 per person (\$8 District Rate). Event will be held at Clement Park (Bowles and Pierce) on Saturday, June 7 from 10 a.m. – noon. For more information call 303.409.2263 or register at [www.ifoohills.org](http://www.ifoohills.org).

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*Foothills Park & Recreation District, founded in 1959, serves a 28 square mile area of unincorporated Jefferson County generally bounded by Hampden Avenue south to C-470 from Sheridan Boulevard west to the Dakota Hogback. The District operates the Ridge Recreation Center, the Edge Ice Arena, Lilley Gulch Recreation Center, the Peak Community and Wellness Center, four outdoor swimming pools, Indoor Sports Arena, Foothills Golf Course complex, Meadows Golf Course, and 70 park sites totaling more than 2,400 acres and including four regional parks, 42 neighborhood and community parks and 24 greenbelts. In addition Foothills manages six regional trail corridors for public use, which, combined with park trails, total more than 31 miles. For more information visit [www.ifoohills.org](http://www.ifoohills.org) , or call (303) 409-2100.*