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THE WILDEST RUN OF THE YEAR TAKES OFF SEPT. 19 AT NORTHWEST TREK WILDLIFE PARK

Run Wild features 5 and 8k runs and a 5k walk – plus admission to Northwest Trek

EATONVILLE, Wash. - Run Wild race day is fast approaching, and there's still time to register for a refreshing fun run or walk along the woody trails and paths of Northwest Trek Wildlife Park.

**Run Wild
at Northwest Trek Wildlife Park**

What: 5k and 8 k runs; 5k walk

When: Saturday, Sept. 19

What time: Registration begins at 7 a.m.; park gates close at 7:50 a.m. for races; races begin at 8:30 a.m.

Registration: \$35 by Aug. 31; \$40 by Sept. 16; \$45 day of race

Registration includes: Admission to Northwest Trek for the day; shirts as long as they last

Race fees benefit: Northwest Trek programming and conservation

Prize raffle: All participants are entered in a raffle for fabulous prizes

More information/registration:
<http://www.nwtrek.org/run-wild>

The 5k and 8k run and 5k walk event is set for Sept. 19. Registration is open now. The registration fee supports conservation efforts and includes a chip-timed race, a race t-shirt as long as supplies last, and admission to Northwest Trek for the day.

The popular races are open to all ages and draw runners and walkers of nearly all ages.

Registration is \$35 through Aug. 31, then the price will rise to \$40 until September 16. Day-of-race registration is \$45.

The day begins with registration open at 7 a.m. The park's gates close at 7:50 a.m. to accommodate the races, which begin at 8:30.

Runners and walkers are urged to arrive early. They get Northwest Trek's trails to themselves for some out-in-nature exercise in a glorious woody setting.

And they do environmental good while they're at it. Entry fees help support programming and conservation efforts at Northwest Trek.

If all that's not enough excitement, there's an after-race raffle for a variety of fabulous prizes. All participants are eligible to win.

And, of course, a trip to Northwest Trek is like a little mini-vacation all by itself. The wildlife park is located near Eatonville, just an hour's drive from Seattle and less than an hour from Tacoma. Yet it feels like a world away. Tall evergreens and lush undergrowth provide a soothing setting to help melt stress away.

A visit includes a narrated 50-minute tram tour through the Free-Roaming area, where visitors can see bison, Roosevelt elk, bighorn sheep, moose, deer and other animals. Walking paths meander past natural exhibits that are home to black bears, a grizzly bear, gray wolves, foxes, a cougar, and dozens of wetlands animals like beavers and otters.

Trailside Encounters allow visitors an up-close view of small animals like a beaver, skunk or owl as keepers give talks about them and answer questions.

To register for Run Wild and get full event details, go to <http://www.nwtrek.org/run-wild>.

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Northwest Trek, accredited by the Association of Zoos & Aquariums, is a 725-acre zoological park dedicated to conservation, education and recreation by displaying, interpreting and researching native Northwest wildlife and their natural habitats. The wildlife park is a facility of Metro Parks Tacoma and is located 35 miles southeast of Tacoma off State Highway 161.