

**NEWS RELEASE**  
**June 27, 2006**

**MASON COUNTY COMMISISONERS**  
**411 NORTH 5<sup>TH</sup> STREET**  
**SHELTON, WA 98584**  
**(360) 427-9670 EXT. 419**

TO: KMAS, KRXY, SHELTON-MASON COUNTY JOURNAL, THE OLYMPIAN, SHELTON CHAMBER OF COMMERCE, NORTH MASON CHAMBER OF COMMERCE, CITY OF SHELTON, ECONOMIC DEVELOPMENT COUNCIL, THE SUN.

RE: Parks and Recreation Month - 2006

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Since 1985, the National Recreation and Park Association (NRPA) has designated the month of July as **Recreation and Parks Month**. Recreation facilities and parks across the country annually use July to celebrate the kick off of summer programming as well as a time to pull their communities together to volunteer, get involved in great outdoor physical activities and advocate for parks and recreation.

Research shows that 75% of Americans live within two miles of a public park or recreation facility. And, more than 75% of the population takes advantage of their local parks and recreation facilities—this amounts to a staggering 192 million people visiting annually.

As part of this year's celebration, Mason County would like to inform residents about some events during July and also encourage residents to be as active as possible in whatever form of recreation you enjoy.

Mason County employees will be invited to participate in an 8-week summer walking program with the goal of incorporating more physical activity in to their busy days by walking 30 minutes, 5 days per week.

In addition, parks throughout Mason County offer a safe opportunity to walk, run, explore, and be physically active while avoiding the dangers of vehicular traffic.

The Washington State Senior Games will be hosting its softball tournament at Mason County Recreation Area (MCRA) on the weekends of July 22-23 and July 29-30. The games are open to all residents who are age 50 and older. For more information about the softball tournaments, contact Lew Keller at (360) 491-8689.

Shelton Parks and Recreation Department also offers a diverse recreation program, for more program information contact Mark Ziegler at (360) 432-5194.

As part of a summer full of nationwide activities and community celebrations, help NRPA celebrate this month that highlights the hard work and dedication of park and recreation supporters across the country, and the joy that comes from our places and spaces.

Community support for parks and recreation services is vital to their existence, and NRPA encourages citizens to lend a hand to their local agencies through volunteer efforts.

For more information on Recreation and Parks Month, log on to [www.nrpa.org](http://www.nrpa.org), or visit <http://www.co.mason.wa.us/>

If you have any questions about July is Parks and Recreation Month, please contact John Keates at Mason County Parks, 427-9670 or 275-4467 ext. 535.

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