



# NEWS

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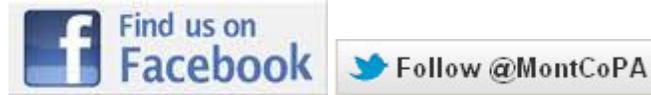
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**FOR IMMEDIATE RELEASE: April 24, 2014**

## **Montco Launches “Get Out and Go Montco” Initiative**

**Norristown, PA (April 24, 2014)** – The Montgomery County Commissioners are launching a new initiative dubbed “Get Out and Go Montco,” which they hope will entice county residents to get healthy and have fun using the county’s network of parks, trails, and open spaces.

“We are investing a lot of time, effort, and resources to expand and invest in our park system,” said Josh Shapiro, chair of the Montgomery County Board of Commissioners, “because it is so important to the health of our residents, our quality of life and our economy.” Commissioner Leslie Richards pointed out that “one of the important factors when a company is choosing a place to locate its business is quality of life and recreational and cultural opportunities.”

“Montgomery County has been a leader in the development of an excellent, coordinated trail system, and we are committed to adding to that system in the near future,” said Commissioner Bruce L. Castor, Jr., a recent addition to the County’s Parks, Trails, and Historic Sites Advisory Board.

The commissioners passed a 2014 county budget that commits \$4.6 million in the County’s 2014 Open Space and Capital Budgets for the improvement of county-owned parks and trails – most notably the Pennypack and Chester Valley Trails.

Recently, Montgomery County was named the fifth healthiest county in Pennsylvania by the Robert Wood Johnson Foundation. While the report was overall good news for the county, the study did show that 21 percent of the population over 20 years of age do not have any physical activity in their daily schedule; 80% of the Montgomery County population commutes alone by car to work; and 24% of Montgomery County adults are considered obese.

Montgomery County’s Open Space Board and the Parks, Trails, and Historic Sites Advisory Board have

collaborated with the County Commissioners on the design of a distinctive “Get Out and Go” logo and a series of events designed to encourage and welcome visitors to the County’s outdoor network for exercising, volunteering, and commuting.

The first event is a tree planting at the Trailhead to the Perkiomen Trail in Lower Perkiomen Valley Park on April 26. Other events to follow include:

- Groundbreaking on the Pennypack Trail Extension - May 2014
- Reopening of the Schuylkill River Trail in Norristown - May 10, 2014
- Bike to Work Day - May 16, 2014
- Schuylkill River Sojourn June 7-13, 2014

