



## **Press Release:**

### **Help Wanted: The Colorado Trail Foundation Seeks Volunteers – Outdoor Enthusiasts Who Want to Give Back**

**Golden, CO, May 5, 2006:** Help care for The Colorado Trail. Join a team of volunteers, enjoy fresh air in the Colorado mountains, and work together to keep the trail in good shape. It's fun and you develop a true sense of accomplishment. You work hard, meet good people and eat good food.

The Colorado Trail Foundation seeks outdoor enthusiasts of all ages to help care for The Colorado Trail. Give back by getting involved. In the summer of 2006 there are 17 week-long and 5 weekend crews to choose from. No experience is needed. Participants learn what to do from the leaders and everyone works at their own pace. Each group helps maintain a segment of the 500-mile Colorado Trail that runs from Denver to Durango along some of the most beautiful places on earth. For over 30 years, volunteers from all over the world have donated their time and energy to help build and maintain The Colorado Trail. Volunteer crews gather from mid-June through August each summer and camp along the Trail for a week or weekend, sharing meals and social activities. Food, tools, safety equipment, base-camp amenities, and guidance are supplied by The Colorado Trail Foundation. Trail crew volunteers bring a tent, sleeping bag, personal items and the desire to help. "It can be hard work at times, but everyone works at their own pace," says Merle McDonald, past president of the CTF and a trail crew leader. "Where else do you get the opportunity to make a contribution, forge new, life-long friendships, and be immersed in the splendor of the Colorado mountains at the same time?" Honored as one of the top ten long trails in the United States, The Colorado Trail is completely dependent on volunteers for its maintenance needs. In 2005, more than 400 people from 23 states and foreign countries participated. Families, students, retired couples and vacationing professionals wielded picks, shovels, Pulaski's and saws on twenty four crews. Some people volunteer for crews every year, meeting old friends and making new ones each time. The registration fee helps defray food expenses and is \$50 for a weeklong crew and \$25 for a weekend crew. Participants should be in reasonably good shape since most of the work is done at altitudes above 8,000 feet. Further information, schedule details and registration forms can be obtained from [www.coloradotrail.org](http://www.coloradotrail.org), by email [ctf@coloradotrail.org](mailto:ctf@coloradotrail.org), or by calling the CTF office at (303)384-3729. The Colorado Trail is Colorado's premiere educational, recreational, family-oriented trail. The Colorado Trail Foundation, a non-profit organization, in cooperation with the US Forest Service, maintains the trail.

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