



PARKS AND RECREATION

PRESS RELEASE

FOR IMMEDIATE RELEASE

MILESTONE FOR MCMINN Walk, Roll, or Stroll for the Health of McMinn

ATHENS, TENNESSEE – March 8, 2022 – The City of Athens Parks and Recreation Department has announced a new health initiative challenging McMinn countians to Walk for the Health of McMinn. This program is designed to encourage everyone to get outside and get some exercise for both the mind and body. The Parks department has organized walking groups at several city parks throughout the week, or participants are encouraged to go out on their own and log their miles. The goal is to have the community log their miles and by August 23, 2022 to have reached 53,276 miles as a community, which equals a mile for every resident in McMinn County.

“We are so excited to start this new program and encourage everyone to be moving more whether you are running, rolling, strolling or walking! It’s no secret that obesity rates are crazy high and as a parks department, we want to do something about it. We have created a quick online form to log and enter miles and we are encouraging schools, businesses, and community organizations to organize their own walks to help us reach our goal. We are planning a completion party for August 23, 2022, which is the 200th anniversary that our city was incorporated. We hope to have a lot to celebrate that day,” stated Program Coordinator Brianna Baker.

To get your school, business, or organization involved, contact Brianna Baker at bbaker@athenstn.gov.

The City of Athens is a full-service municipality nestled in the foothills of the Great Smoky Mountains and has garnered a reputation as the “Friendly City.”

For more information, please contact the Office of Parks & Recreation at (423) 744-2700 extension 3.

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