

**National Park Service  
U.S. Department of the  
Interior**

**Little River  
Canyon  
National  
Preserve**

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## **Little River Canyon News Release**

**FOR IMMEDIATE RELEASE – January 14, 2012**

**CONTACT – Larry Beane, Park Ranger**

# **Little River Canyon National Preserve Has First Walk in Park For Scale Back Alabama Program**

On Saturday, February 4, 2012, at 10 AM Ranger Larry Beane from Little River Canyon National Preserve will co-lead the first of many Scale Back Alabama/Fresh Air Family events. We will meet in front of the Nature Center at DeSoto State Park for this walk along the Azalea Cascades Trail. For more information or to register for this free event contact Katie Burrus at [256-701-1046](tel:256-701-1046), or [katie@freshairfamily.org](mailto:katie@freshairfamily.org). This will help make sure everyone coming has arrived before the walk and allow us to contact people in case of a change.

This walk will take about 2 hours and travel at a leisurely rate around a loop of approximately 2.7 miles. We will stop along this easy to moderate trail to see winter and early spring foliage, unusual plants and several waterfalls. Bring your camera, drinking water, clothing appropriate for the weather, and good walking shoes. With all the rain, the waterfalls should be flowing strong, great for photographs.

The staff of Little River Canyon National Preserve has partnered with the Fresh Air Family for the Scale Back Alabama program in Northeast Alabama to get people walking outdoors, and enjoying the park. We have scheduled over a dozen free walks in the park with Ranger Larry Beane and Katie Burrus of Fresh Air Family. You do not have to join anything to participate.

Scale Back Alabama is a statewide weight loss program with a 10 week contest. This program began in 2007. Last year's participants lost a total of 143,309 pounds. To learn more about Scale Back Alabama go to their website <http://www.scalebackalabama.com/>. Contest information is also there.

Park Ranger Larry Beane said "This is a wonderful opportunity for people to take a walk with us, learn about the park and just get outside." Walks are regularly scheduled on Little River Canyon National Preserve and DeSoto State Park Lands for the next few months. For more information, call the National Park Service office at [\(256\)845-9605](tel:(256)845-9605) or Fresh Air Family Coordinator Katie Burrus at [256-701-1046](tel:256-701-1046).