

# MEDIA RELEASE

City of Williams Lake



## For Immediate Release

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450 Mart Street  
Williams Lake, BC  
V2G 1N3

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## Mud Puddle Trail Run Offers Family Fun on Williams Lake Trails

Following the success of its inaugural event in 2022, the Cariboo Memorial Recreation Complex is excited to host its second annual cross-country Mud Puddle Trail Run Sunday, June 4 in Williams Lake.

Located on the Fox Mountain Trail Network and starting and ending at the Ross Road parking lot off of Fox Mountain Road, both a five-kilometre family run and a 10-kilometre competitive route will be offered for participants at the event.

"We received lots of great feedback from last year's event, and we've made a few adjustments for 2023 to help make the event bigger and better than ever," said Maria McKee, Adult Recreation Program Coordinator.

"We're excited to collaborate with our community partners Community Policing, who will be out on the trails helping to guide participants, the Williams Lake Cycling Club, and Caribou Ski Source for Sports and Sport Chek, who are both providing us with some great draw prizes for participants," McKee said.

Each registrant will be entered into a draw to win one of several prizes. Family run registrants can also enter to win one of three family drop-in passes for the Cariboo Memorial Recreation Complex.

For the competitive event, the top three participants in each of the youth, women's and men's divisions will receive run medals.

All proceeds from the Mud Puddle Trail Run will go to the Williams Lake Cycling Club to help with the creation and maintenance of sustainable bike trails throughout the Cariboo.

Those familiar with the mountain biking and hiking trails on the Fox Mountain Trail Network will be familiar with both the family-friendly and competitive routes.

The family-friendly course will run counter-clockwise along Foxfire and Chicken Scratch. The competitive route will travel along Foxfire, onto Jimmy's Fox, traverse 3 'Lil Pigs, then hit Chicken Scratch and the KX Connector, before returning to the starting area along Foxfire.

Check in starts at 9:30 am on Ross Road, with the run slated to get underway at 10 am sharp.

"Healthy snacks, water and fruit will be provided at the event, and we're looking forward to another great time and seeing everyone there," McKee said.

Sign up is available at [www.williamslake.ca/programregistration](http://www.williamslake.ca/programregistration), with cash-only registration also available at the Ross Road parking lot at 9 am on the day of the event. The cost for the event is \$5 for children, \$10 for youth, \$15 per adult and \$20 per family of four.

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### Media contact:

Kaitlyn Atkinson, Manager of Recreation and Leisure Services

[katkinson@williamslake.ca](mailto:katkinson@williamslake.ca)

Phone: 250.392.1788

City Hall: 250.392.2311