

PRESS RELEASE – NEW YEAR, NEW YOU!

Fingal County Council Sports Unit are delighted to announce a **4km Walk at 11am on Saturday 15th January at Slí na Sláinte, Skerries**, which is part of the RTE 'Operation Transformation' programme of mass participation events. This walk is the only one in Fingal and is part of a country-wide event on that day, tying in with the RTE programme. The walk will start at Red Island Car Park, and trained IHF walking leaders will be there on the day.

Marion Brown, Fingal's Principal Sports Officer said "This is a perfect opportunity for people to kick off their New Year resolutions with this short fun walk, and to hopefully use it to start exercising on a regular basis. We encourage adults, teenagers and children to participate, and perhaps schools, community groups or sports clubs might like to take part in the event to start off their Spring training."

She continued "This particular walk is very straightforward, and quite scenic. There's plenty of car parking available, and it's right in the heart of Skerries town for people to stop off for lunch after a bracing walk. This walk is open to the general public, and we hope to see a strong turnout, with all fitness levels welcome."

ENDS

07/01/11