



FAIRFAX COUNTY PARK AUTHORITY



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For Immediate Release

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June 18, 2014

PSA-071

Everything Out is In During Park and Recreation Month

Rock OUT! Cook OUT! Wipe OUT! Everything OUT is IN during this year's Park and Recreation Month. From hanging out at a mini-golf course with friends to cookouts with family, the Fairfax County Park Authority is encouraging residents to get out and make summer memories in their parks this July.

Park and Recreation Month is celebrated annually by park agencies across the country and the National Recreation and Park Association, the leading non-profit organization dedicated to the advancement of public parks, recreation, and conservation. A recent survey released by NRPA and conducted by Ipsos Public Affairs found that nearly three in ten U.S. adults do not spend time outside on a daily basis and of those who do, almost half spend less than 30 minutes in the fresh air. The goal of this year's Park and Recreation Month is to make 2014 the year people go outside, change their outlook, and get involved in their community through parks and recreation.

The Park Authority is promoting outdoor activities in ten thematic categories. The categories are:

- Hang OUT: Enjoy boating, fishing, and lakeside amusements
- Cook OUT: Fire up the grill and enjoy a picnic
- Rock OUT: Hear a free concert in an outdoor amphitheater
- Roll OUT: Explore wild places on a guided wagon ride
- Putt OUT: Take a swing at a challenging round of golf
- Look OUT: Hit the trails to see nature up close and personal
- Wipe OUT: Get wet and wild at the Water Mine
- Rained OUT: Beat the weather at Cub Run's indoor water park
- Turn OUT: See the rockets' red glare at Lake Fairfax Park's Fourth of July celebration and set sail at PirateFest

Residents may explore the categories online at www.fairfaxcounty.gov/parks/Out-is-In, and suggested activities will be shared on social media throughout the month. Some special programs are offered only during Park and Recreation Month including open houses and guided walks and tours at selected sites. Park visitors are invited to participate in the fun by tagging their photos on social media with **#OutIsInFFX**.

For more information, visit www.fairfaxcounty.gov/parks/out-is-in.

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If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least 10 working days in advance of the registration deadline or event. TTY (703) 803-3354.