

FOR IMMEDIATE RELEASE

Contact: Spencer Powlison
IMBA
303-545-9011
spencer@imba.com

Brian Johnson
Subaru of America, Inc.
856-488-8500
bcjohnson@subaru.com

Michael Scholl

Friends Of Capitol Forest

www.capitolforest.com

360-250-0882

ColdH20diver@gmail.com

Visiting Trail Experts Will Inspire Local Trailbuilding, Subaru/IMBA Trail Care Crew Coming to Olympia, WA.

Olympia, WA August 10, 2008 – Friends of Capitol Forest(FOCF) and the Dept of Natural Resources are proud to announce the arrival of International Mountain Bicycling Association's (IMBA) Subaru/IMBA Trail Care Crew to **Olympia, WA October 16-19, 2008** to talk trails, teach people proper trailbuilding technique, and spend quality time digging in the dirt. This visit is one of 70 stops on the 2008 schedule. Everyone is invited to attend the weekend's events.

Dept of Natural Resources is responsible for a large tract of forest on the outskirts of Olympia, Captiol Forest, home to over 165 miles of mixed use trails, open to hunting, camping and outdoor pursuits. Friends of Capitol Forest (FOCF) are a group of like minded mountain bikers striving to help to maintain, improve and eventually expand the trail network for the benefit of fellow forest enthusiasts.

The award-winning Subaru/IMBA Trail Care Crew program includes two full-time, professional teams of trail experts who travel North America year-round, leading IMBA Trailbuilding Schools, meeting with government officials and land managers, and working with IMBA-affiliated groups to improve mountain biking opportunities. IMBA's Crews have led more than 1,000 trail projects since the program debuted in 1997.

The Subaru/IMBA Trail Care Crew will be meeting with Washington land managers, personnel and legislators on Friday October 17 then hold a trailbuilding classroom on Saturday followed by a hands on trail work on Sunday.

The Crews teach "sustainable" trailbuilding, which means building trails that last a long time and require minimal maintenance. This helps reduce trail damage, protects the environment, and enhances visitor enjoyment.

Most Trail Care Crew visits last four days, allowing time to assess local trails, host an evening event at a bike shop, conduct a two-day Trailbuilding School, and ride with the locals. Now in its eighth year, the Subaru/IMBA Trail Care Crew program is more popular than ever.

The Crews travel in 2008 Subaru Outbacks provided by Subaru of America - the company that has been IMBA's leading sponsor since 1997.

The Subaru/IMBA Trail Care Crew program has inspired great volunteer trailwork across the U.S. and abroad - a big help to government agencies and land managers who have limited funding for trail construction and upkeep.

As a direct result, there are now thousands of new and improved trails in all 50 states, Canada, Mexico and several European countries. That's a pretty impressive record.

Coming to **Olympia, WA** are Subaru/IMBA Trail Care Crew members Anna Laxague and Jason Wells. Laxague and Wells hail from the Pacific Northwest. They bring a unique combination of professional experience to the program - both taught environmental education, and have worked at bike shops and as mountain bike guides. They're also committed volunteers who have logged hundreds of hours building trails and performing outreach work with a host of public agencies. They worked as kayak river guides in Hood River for several years and will hopefully find some time to paddle a few rivers on their way around the country, in addition to riding as many trails as possible.

All are welcome to join the Subaru/IMBA Trail Care Crew leaders when they come to town. Below is a schedule of events that are open to the public:

Sat Oct 18, Trailbuilding classroom at ___ followed with dinner at Chicas Restaurant and Around the World with IMBA Slideshow.

Sunday, Oct 19th, hands on trailwork. The meeting place is the junction of Waddle and Sherman Valley roads. IMBA Trailbuilding School, teaming with FOCF and Dept of Natural Resources will work on sections of trail practicing sustainable trailbuilding techniques.

For more information and to register for the IMBA Trailbuilding School, visit the Friends Of Capitol Forest web site at <http://www.capitolforest.com/imba.html> or call Michael Scholl, 360 250 0882.

For a complete list of visit dates, photos and additional information on the Subaru/IMBA Trail Care Crew visit www.imba.com.

About Subaru of America, Inc.

Subaru of America, Inc. is a wholly-owned subsidiary of Fuji Heavy Industries Ltd. of Japan. Headquartered near Philadelphia, the company markets and distributes all-wheel drive Subaru vehicles, parts and accessories through a network of nearly 600 dealers across the United States. Subaru of America, Inc., is the only car company that offers symmetrical all-wheel drive as standard equipment on every vehicle in its product line. Subaru has been the best-selling import wagon in America for the past 20 years, based on R.L. Polk & Company new vehicle retail registration statistics calendar year-end 2002.

About IMBA

The International Mountain Bicycling Association creates, enhances and preserves trail opportunities for mountain bikers worldwide. Since 1988, IMBA has been bringing out the best in mountain biking by encouraging low-impact riding, volunteer trailwork participation, cooperation among different trail user groups, and innovative trail management solutions. IMBA's worldwide network includes 32,000 individual members, more than 500 bicycle clubs, and 400 corporate partners and dealer members. For more information visit www.imba.com.

About Friends of Capitol Forest (FOCF)

Friends of Capitol Forest started with some local mountain bikers wanting to improve and maintain their playground and has continued to grow.

We enjoy recreating and or being Capitol Forest neighbors and do not want to see our forest degraded, so we are taking action to help maintain it. Please join us the first Saturday of each month for a work party day.

For more information visit www.capitolforest.com