



U.S. UNDER-19 LACROSSE SQUAD JOINS MOUNTAINS TO SOUND GREENWAY TRAIL BUILDING EVENT

SEATTLE, WA, June 26, 2008: The five-time defending world champion **U.S. Under-19 men's lacrosse team** will join a **Mountains to Sound Greenway** trail maintenance project on **Saturday, June 28, 2008 from 12:30-4:30 PM**. U.S. players and coaches will volunteer their time rebuilding sections of the Big Tree Trail on Tiger Mountain, just east of Issaquah.

About 40 individuals, including 20 members of the lacrosse team along with parents and coaches, will help haul out old, rotting boardwalk from this popular trail so that a segment of new trail can be built.

The team is in town to compete against a squad of Northwest collegiate all-stars on Sunday, June 29 at Mercer Island High School. The exhibition is one of only five tune-ups for the U.S. squad prior to competing at the International Lacrosse Federation (ILF) Under-19 World Games, July 3 – 12 in Coquitlam, British Columbia.

PROJECT INFORMATION:

The popular Swamp and Big Tree Trails are located near the High Point Trailhead on Tiger Mountain, on the west side of the Tradition Plateau Natural Resource Conservation Area. These trails pass through a wooded wetland of alder, cedar, hemlock and spruce and bring you to the site of the last remaining trees of an ancient forest that once graced all of Tiger Mountain. The few remaining enormous Douglas Firs and old stumps (some with younger trees growing from them) give testimony to the logging activities that occurred in these woods decades ago. Interpretive signage tells the fanciful tale of a swamp monster and of the history and ecology of the area. The trails are popular with families, education groups, runners and other hikers. Volunteers will help relocate part of the trail to avoid unsafe aging and decrepit boardwalks.

Directions to project site: From Seattle, head east on Interstate 90 to exit 20. Turn right off the exit and immediately right again. Follow the road to the High Point Trailhead parking lot.

ABOUT THE MOUNTAINS TO SOUND GREENWAY:

The 100-mile Mountains to Sound Greenway connects natural areas, trails, working farms and forests, historic towns, wildlife habitat and recreation opportunities just outside Washington's largest metropolitan area. The Greenway provides easy access to recreation and nature for millions of people in the Northwest. The Greenway portion of I-90 was the first interstate highway in the nation to be designated a National Scenic Byway.

The Mountains to Sound Greenway Trust is a nonprofit conservation organization established in 1991 to protect the Interstate 90 corridor between Seattle and Central Washington. The Greenway Trust works to promote public land acquisitions, connect a continuous regional trail system, teach people of all ages about the importance of conserving forests and wildlife, improve recreation access, create new parks and trails and mobilize thousands of volunteers.

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FOR MORE INFORMATION: mtsgreenway.org

US Under-19 Men's Lacrosse: http://www.uslax-wa.org/media_archives/U-19/LAX_PR_08_06_12_U19.pdf

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