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COLD WEATHER AND SNOW SET STAGE FOR ANNUAL WINTER TRAILS DAY SET FOR JANUARY 12, 2008

FREE LEARN-TO-SNOWSHOE AND/OR CROSS COUNTRY SKI DAY FEATURES PRESIDENT'S COUNCIL CLINIC

With temperatures dipping and snow falling in many parts of the country, organizers of Winter Trails are gearing up for the annual event that offers children and adults new to snow sports an opportunity to try snowshoeing and/or cross country skiing FREE at participating venues throughout the U.S. Winter Trails Day is Saturday, January 12, 2008.

Pennsylvania's Liberty Mountain will offer a President's Council Clinic and Colorado's Estes Park will offer a President's Challenge Clinic. At both events, children and adults can earn a certificate of participation by taking part in mini-clinics that address conditioning, nutrition, dressing for winter activities, and winter hiking and camping.

A new learning tool to help younger children understand the basics of snowshoeing and cross country skiing is located at www.winterfeelsgood.com. Interactive learning modules featuring "Snow Monsters" characters demonstrate how to dress for these snow activities and how to prepare.

The www.wintertrails.org Web site lists all locations and provides practical information to help people prepare for these activities. Activities vary at each venue but equipment and instruction are provided at all locations. Participants can earn points toward a Presidential Lifestyle Achievement Award since snowshoeing and cross country skiing are included on the qualifying activities list.