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NEWS RELEASE

New Additions for Kids' Fishing Derby

Bike Rodeo, Healthy Eating Active Living Items Included

May 22, 2017 – The city's annual introduction to summer, the Kids' Fishing Derby, has a few additional fun activities that promote Healthy Eating and Active Living (HEAL).

Kids' Fishing Derby

Youth ages 2-14 are invited to compete in the derby. Check in is at 8 a.m., with fishing 8:30-10 a.m. The winners in six age categories and for the longest overall fish receive awards at 11 a.m. You must have your own fishing pole, tackle and bait. Cost is \$4. Stop by the Northglenn Recreation Center, 11801 Community Center Drive, call 303-450-8800 or go to northglenn.org/fishingderby to register. You must sign up before the day of the event.

Bike Rodeo and HEAL Day

Starting at 9:30 a.m, the city will host a free bike rodeo and obstacle course for youth. Bicycle Colorado will provide the bikes and helmets. We'll even raffle away refurbished bikes and new helmets. You can also learn to make minor repairs to your bike during a free workshop.

In addition to biking, the whole family can participate in several group exercise programs, learn about healthy snacks for the summer, see a beehive in action and get treats from participating vendors. A healthy breakfast food truck will also be on site.

For more details on the HEAL activities, contact Ashley Kaade at akaade@northglenn.org or 303-450-8836.

Northglenn, Colo., is a city of 38,648 residents that is located 13 miles north of downtown Denver. In 2016, Northglenn zip code 80233 was named the third-hottest real estate market in the nation by realtor.com. In the heart of the metro area, Northglenn is a place to call home and a forward-thinking community where businesses can thrive. Learn more by visiting northglenn.org. Like us on Facebook, @cityofnorthglenn, and follow us on Twitter, @northglennco.