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The logo for Arkansas, featuring the word "Arkansas" in a large, white, serif font with a green leaf-like shape above the letter 'a'. Below it, the words "THE NATURAL STATE" are written in a smaller, green, sans-serif font. The entire logo is set against a black background.

From: Hobbs State Park – Conservation Area
Contact: 479-789-5000

Media Release
For Immediate Release

**“Thru-Hiker” - Jim Warnock Returns
to Hobbs State Park to Talk About
Traveling Light with Fuel to Burn**

For many people, hiking means finding a local trail on a weekend afternoon to enjoy a couple hours of fresh air and perhaps a respite from the concrete, asphalt, and work cubicle that surrounds their normal everyday life. Others seek a more all-consuming experience: a physically and mentally demanding long-distance hike that takes them hundreds or thousands of miles through feral wilderness and demanding terrain. If you complete a long-distance trail hike end-to-end within one calendar year, you are called a “Thru-Hiker”.

If you’ve ever worried that you’ll run out of energy on a long hike, you’ll want to attend Jim’s upcoming program at Hobbs State Park. He will share strategies for completing long hiking trips while remaining healthy and well fed. Participants will see how he prepares and packs food for the long haul. Jim will demonstrate ways to acquire dehydrated foods and customize meals that work to

provide a balanced diet on the trail, whether you're traveling ten or one-hundred miles.

During the presentation, Warnock will share photos and stories from a variety of backpacking experiences along with tips for preparing and completing long thru-hikes in varied conditions. Whether you're a novice or veteran hiker, you're sure to enjoy this presentation. Children and their parents/grandparents are welcome to join Warnock and his black Lab, "Hiker-dog", for a short walk on the Ozark Plateau Trail after the presentation.

Where: Hobbs State Park visitor center located on Hwy 12 just east of

the Hwy. 12/War Eagle Road intersection.

When: Sunday March 3, 2019

Time: 2:00 pm

Cost: Free. The public is invited.

For more information on Hobbs State Park programs, trails, picnicking, or meeting room rentals: Call: 479-789-5000
Also see: <http://www.friendsofhobbs.com/> and www.ArkansasStateParks.com/hobbsstateparkconservationarea

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