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Hit The Elizabeth River Trail for ‘Opening Day For Trails’ on April 13 \$3.4+ Million Raised for Improvements through Comprehensive Campaign

NORFOLK, Va. – (April 2019) – Everyone is invited to join the [Elizabeth River Trail Foundation](#), Rails-to-Trails Conservancy and trail lovers nationwide for the ‘Opening Day for Trails’ 2019 on Saturday, April 13.

This year marks the national Rails-to-Trails Conservancy’s seventh annual [Opening Day for Trails](#). On April 13, people across the nation kick off the trail season by hitting their favorite trails for a walk, run, ride or special event. In true 'Choose-Your-Adventure' fashion, the ERT Foundation has partnered with dozens of community organizations to host pop-up events and activities along the 10.5-mile trail. From a rooftop yoga class overlooking historic Fort Norfolk to a family-friendly Easter egg hunt at the Larchmont Library, there is something for everyone. Invite friends and spread the word using #RTCOpeningDay.

Schedule of Events:

9 am Kickoff at Plum Point Park with community partners Sentara Healthcare, ODU Recreation & Wellness, Keep Norfolk Beautiful, Ghent Chiropractic and coffee from Town Center Cold Pressed Roastery

9:15 am Workout warm up session hosted by CrossFit 757

9 am to noon Bike Learning Lab hosted by Old Dominion University’s Outdoor Adventure Program

9:30 am – 10:30 am Body Mechanics Workshop hosted by Sentara Therapy Centers

10 am Rooftop yoga class with Bhav Brigade Hampton Roads at The Roebuck. This donation-based class will benefit the ERT Foundation.

10 am – 5 pm Enjoy free admission all day at the Hermitage Museum and Gardens

11 am – 1 pm Norfolk Recreation, Parks & Open Space's Challenge Course at Lambert's Point Community Center, Jeff Robertson Park and Fergis Tennis Courts

11 am Easter Egg Hunt at Larchmont Public Library

11 am Sign up to be a River Star Home with the Elizabeth River Project at its wetlands restoration site at Larchmont Library

Noon Free glassblowing demos at Chrysler Museum Glass Studio

1 pm - 5 pm Brews by Bike Brewery Tour with Social Cycling Norfolk - first stop Benchtop Brewing Company

2 pm Free gallery chats The Chrysler Museum of Art

Wrap up the day on the ERT with live music at the Waterside District or hit the Norfolk Tides season opening game and fireworks at Harbor Park

Opening Day for Trails is just the start of an amazing season on the Elizabeth River Trail. Be sure to [follow ERT](#) on Facebook to get the latest updates for all events and volunteer opportunities.

The Comprehensive Campaign launched by the Elizabeth River Trail Foundation last April has raised \$3,473,714 or 86% of its \$4 million Phase 1 goal. Major sponsors include Sentara Healthcare, City of Norfolk, PRA Group, TowneBank Foundation, Children's Hospital of the King's Daughters, Landmark Foundation, Virginia Maritime Association and Hampton Roads Shipping Association. A major new donor will be announced on the eve of Opening Day for Trails.

The ERT has seen significant development over the past year with the completion of trail improvement projects in Lambert's Point, Chelsea and Jeff Robertson Park. Under the direction of Executive Director Cheryl White, ERT Foundation has launched a volunteer Trail Ambassador program, a monthly e-newsletter and commissioned a mural, *The Magenta Line*, at the trail's zero-mile marker behind Nauticus.

ERT's new wayfinding sign family was approved by Architectural Review Board, City Planning and neighboring communities. The sign system of more than 400 signs will begin installation in late spring.

The ERT Foundation hosted more than 40 events in 2018 including first-time events like the Turkey Trot and International Coastal Clean Up. The Miller's Foundation raised more than \$10,000 for local charities at their inaugural Bikes & Brews event on the ERT in September. Social Cycling Norfolk reported a grand total of 3,214 participants at their 2018 events featuring the ERT.

Ambitious plans for 2019 include the development of the Plum Point Park Trailhead with amenities including dynamic playground equipment, obstacle course, walking labyrinth, bike maintenance station, hydration station for humans and pets and an ADA-accessible kayak launch.

The Elizabeth River Trail Foundation's mission is to promote, enhance and transform the Elizabeth River Trail into the most iconic urban riverfront trail in the country. The ERT runs 10.5 miles and connects businesses, historic attractions and 28 neighborhoods within a five-minute walk. The multi-use trail is designed for walking, running and biking. It comprises 11 sections and 11 trailheads from Norfolk State University to NIT Terminals along the Elizabeth River. Highlights include Harbor

Park, Downtown Norfolk, Freemason Historic District, Sentara campus, Fort Norfolk, Chelsea, West Ghent, Lambert's Point, Old Dominion University, Larchmont and Lochhaven. For more information, visit www.elizabethrivertrail.org.

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