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FOR IMMEDIATE RELEASE

Love for Lake Hopatcong and Fitness Fueling the 3rd Annual LHF LAKE LOOP this Weekend

LAKE HOPATCONG, NJ (October 5, 2015)—The third annual Lake Hopatcong Foundation “LAKE LOOP” fitness and fundraising event is coming up this weekend, and a passion for Lake Hopatcong and fitness among its core volunteer group is sure to help make the day a success for the LHF and all participants.

The event, which takes place on Sunday, October 11 at Hopatcong State Park, includes three scenic routes to bike around Lake Hopatcong (riders can choose a 20-mile, 40-mile, or 62-mile challenge), as well as a 1-mile or 5K on the State Park grounds and a paddling route for kayakers, paddleboarders and canoeists on Lake Hopatcong, off the State Park beach. Participants can do any combination of the activities they choose. Prizes and perks—including a VIP tent with free massages—will be awarded to the top fundraising individuals. (To register, support a participant, or learn more, go to www.crowdrise.com/lakeloop2015.)

Although LAKE LOOP 2015 is organized by the Lake Hopatcong Foundation, which has a staff of three, it is a group of committed volunteers who really make the day happen, including **Becky Rubenstein**, LAKE LOOP chairwoman and foundation trustee.

Other key volunteers include Doug Palen, who has been riding the route around the lake for a decade and says, “I really enjoy the short-yet-challenging hills and scenery this loop has, and often bring friends along.” He fondly remembers his first big ride and is excited to be a part of others’ first such event on Sunday. “The Lake Loop ride is a unique way to share my hometown ride and give a new perspective of the area to anyone who hasn’t explored it on a bike,” he says.

Steve Kazimir has taken the lead on the paddling part of the day, and says kayaking is a great exercise and fantastic way to remove stress from your life. “Kayaking on Lake Hopatcong is much different from boating on the water. You feel more connected to nature and you see the lake at an unhurried and more thoughtful pace.”

Robert Davidson has been a hiker, biker, runner, and skier his entire life, and started a local running group called the Salt Shakers six years ago. In addition to trail running, the group runs community events and fundraisers with the goal of supporting local residents and causes, and has trail marked the running route for the LAKE LOOP. “I just love to have a positive impact on our local community and making people smile,” says Davidson. “It’s very simple!”

Mt. Arlington resident **Walt Wurster** has lived on or around the lake for 61 years. He was drawn to cycling after having seven back surgeries, which prevented him from running to stay in shape and lose weight. Since he started riding, he has lost 160 pounds. The first year of the Lake Loop, he did the 20-mile loop; last year, he completed the 40-mile loop. This year he plans to do the 62-miler. “I got involved with the Lake Hopatcong Foundation because someone was finally doing something about cleaning up the lake,” he says.

As for Sunday's LAKE LOOP, in addition to the expanded fitness activities from the two years' past, the day will include performances from multiple bands, JenniHoops hula hoop warm up, food from local businesses throughout the day, carefully marked routes for all activities, rest stops packed with fuel-up supplies, and the trail-marking expertise of the Salt Shakers, all of which should make the 2015 Lake Loop the best one yet. And for anyone who doesn't want to participate in the bike ride, run, or paddle but would like to give time to the day as a volunteer, email lauren@lakehopatcongfoundation.org for details on how you can be involved.

The Lake Hopatcong Foundation is a registered 501c3 nonprofit organization with the mission of improving Lake Hopatcong for all, now and in the years to come. It was established in 2012. Learn more at www.lakehopatcongfoundation.org.

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Photo Caption: Walt Wurster at the start of the first Lake Loop in 2013.